



EDITOR: Gary Franchi

FOOTPRINTS

The choice for any millenium.

A Slip into Fall September 1998 Edition

The Lo-o-o-n-n-ng Run

It's one step at a time at the Leadville 100

by Marv Bradley

A total of 480 runners (399 males, 81 females) registered to run and 394 actually gathered at the starting line at 6th and Harrison in downtown Leadville for the Leadville Trail 100-mile run. Three were from Fremont County – Susan Gephart of Penrose, and Roy Hughes and myself from Canon City.

At 4 a.m. Saturday, August 22, a shotgun blast pierced the moonless night, sending us on our merry way over gravel and dirt roads, a little pavement, and miles of single-lane mountain trails. Overall, this course would climb 15,600 feet and, of course, descend a like amount. The start at Leadville is 10,152 feet. The low point at Twin Lakes is 9,200 feet and the course tops out on Hope Pass at 12,620 feet.

The first segment took us from Leadville around Turquoise Lake to May Queen Campground, a beautiful 13½-mile run with the flashlights of runners reflecting off the lake and bouncing along the narrow trail around the lake. From May Queen over Sugar Loaf Pass (11,000 feet) to the Fish Hatchery was a tough 10-mile segment on trail. Then it was on to Halfmoon Campground, 7 miles on paved and washboard gravel roads. There, we joined the Colorado Trail for a 9-mile rolling – and tough – trail run to Twin Lakes. We had covered 39.5 miles. Looking West, our next destination came in sight – Hope Pass, a 12,600-foot pass between Mount Hope and Quail Mountain. First we crossed a hip-deep river and then it was up and over 10½ miles to the ghost town of Winfield. The run was half over. It was mid-afternoon – and hot.

At this point, a few people came to their senses and decided that going back was probably not the wisest thing to do. Others did make it back over the pass but discovered that their legs just wouldn't propel them through the next 39½ miles. Nightfall was not far away for those in

the middle and at the back of the pack.

This year, 209 runners finished the race (that's 53%), an all-time high for the Leadville Trail 100, number-wise and percentage-wise. Weather conditions were good – no rain, snow, hail or shivering cold temperatures.

The overall winner was Boulder's Steve Peterson in 18 hours, 29 minutes and 21 seconds – 1 hour, 13 minutes and 32 seconds ahead of 2nd-place Kirk Apt from Crested Butte. Ann Trason of California won the women's division, placing 9th overall with a time of 20:58:32.

All three Fremont County runners finished. Susan came in with a nice 28:23:34. I ran up the red carpet and across the finish line in 28:44:48, and Roy, despite a sprained ankle, made a dramatic finish at 29:59:52, a mere 8 seconds ahead of the 30-hour cutoff time.

What an experience! It's hard to describe. There's the pain of sprains, blisters, trashed quads, torn toenails, mosquito bites, stomach cramps. At the same time there's the joyful sensation of running, of moving forward toward a distant goal, knowing if you don't give up you will get there. There's the beauty of the mountains, the forest, the lakes and streams, the isolation and oneness with nature as you glide along the trails.

But you don't finish a run like this on your own. The Leadville 100 has hundreds of dedicated, friendly and experienced volunteers. Most important is your support team. My crew consisted of two SCR members – Laura Engleman of Woodland Park and Hector Leyba of Penrose – along with my son, Owen, of Colorado Springs. Another SCR member – Laura Schilf of Canon City – headed up the crew for Roy, and Susan's husband, Grant, kept



Marv Bradley



Leadville Trail 100
"The Race Across the Sky"

See Leadville on Page 2





Chewta says:

"Hey, September 28 is **National Good Neighbor Day**. Showing your appreciation and understanding of others will slowly but surely build a caring world. You can start by saving some of your steak bones for me. Just buzz my master and he'll come pick them up. Ruff! Ruff!"

Run with SCR members

The group of SCR runners that has been gathering for a weekly trail run has moved the time of the run from the morning to the evening. Each Thursday they are meeting at 5:30 p.m. at the Nature Center. They are alternating 6-mile and 9-mile runs, mostly up on the bluffs. They invite all SCR members to join them.

A few SCR members also meet at 5:30 p.m. on Wednesdays at the East High School track for some speedwork.

A few members also meet at 7 a.m. at the City Park pool parking lot on Sundays for a distance run.

Clubs members are invited to join them, too.

They DON'T gather when there is a local Sunday race or a big out-of-town race that day.

Vistas of the wide wide world of fitness

By The Editor

Thoughts I've had while living a life of fun, games and – occasionally – fitness:

- The **Ambrosia** health food store in Pueblo, which has contributed many fine discount coupons as prizes at SCR races, now offers bone mineral density testing. Gee, how exciting.
- The gas dispensers at the Diamond Shamrock station at Polk and Abriendo advertise the java inside with the note that there is "Fresh Coffee Inside." Underneath that the dispensers say either "Unleaded," "Unleaded Plus" or "Premium Unleaded." Man, I can hardly wait to try THAT coffee.
- The SCR's **Mike Orendorff** continues to amaze. Despite hamstring problems that he says really hampered him on the run leg and cost him several minutes, Mike took 2nd in his age division in the Chicago Triathlon recently. Mike had a 2:12 clocking on the Olympic dis-

tance event (1.5K swim, 40K bike, 10K run). He had tuned up for Chicago by winning his age division in a sprint triathlon in Aurora.

• While I don't have any details, two other SCR multi-sporters have been busy doing their thing. **Tomas Duran** took 2nd in his age division in the duathlon portion of the Boulder Peaks, and **Mike Archuleta** completed the Aspen and Louisville triathlons during the same weekend.

• Trail running fans can get information by accessing this Home Page on the Internet: www.trailrunner.com.

• Puebloan and on-and-off SCR member **Tom Guay** is involved in more businesses than I can count. His latest venture? Selling caskets. Wonder if he gets death threats.

• I think the premise of a **National Run to Work Day** is excellent, but I haven't figured out in my mind yet how anybody can do it. Anybody got an idea how this can be done?

Leadville

Continued from Page 1

things organized for her.

In my opinion, one of the hardest parts of the Leadville 100 is the commitment to training. Long runs no longer are counted under marathon distance. Trail runs of 30 and 40 miles become the norm for the weekend. Runs starting at 9 p.m. or 3 a.m. are common to get used to running at night with a flashlight. And the good old River Walk just isn't high enough. Now it's finding a trail at 10,000 feet to get used to the altitude.

Would I do it again? NEVER! But, you know, if I hadn't eaten so much food early in the race, I probably would have felt better during the middle of the run. And the river crossing caused my blisters on the way back because I didn't pull up my socks. If my shoes had had just a bit tougher toe guard, my toe nail would still be attached. I'll bet I can break 28:44. We'll see.

**We offer carryout service.
Fall into the Dust and we'll
carry you out to your car.**



(*) – Editorial Consultant **Jerry Lundergaard** is the name of the slimeball car salesman in the movie "Fargo."

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. 208, we think

"Footprints" is the newsletter produced monthly by, of and for the SCR membership. It sometimes veers off this path, but, hey, no one's perfect. Readers of "Footprints" have been known to become world leaders.

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, Jerry Lundergaard (*)	

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 on all issues, a vote on all motions, and a good snooze.

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 of questionable value.

Definitely Not Great Stuff

by Matt Martin

Pain-free Maddy's taking it to the limit again

"You can outdistance that which is running after you, but not what is running inside you."

– Rwandan proverb

Studies have shown that triathletes train on the average of three hours per day. If a person sleeps eight hours a day, that leaves thirteen hours. If a person works eight hours a day for five days a week, that leaves five hours for those five days. If a person spends three to four hours a day readying for work and sleep, preparing meals, cleaning house, shopping, doing the yardwork and laundry, that leaves just one to two hours for a life.

Triathlons come in all shapes and sizes, from the Pueblo YMCA's Lazyman Triathlon, where a competitor has weeks to finish the race, to an Ironman triathlon, like the Subaru 1998 Ironman Canada Triathlon, which consists of a 2.4-mile (3.9km) swim, 112-mile (180.2km) bike, and a 26.2-mile (42.2km) marathon run, all to be completed within 17-hours. The Ironman Canada Triathlon is one of only seven licensed Ironman distance races in the world. Obviously, an Ironman triathlete, by necessity, must be goal-oriented and resolute to overcome intimidating physical demands. What drives oneself to spend endless time training to push one's body to the outer limits of exhaustion?

In Pueblo, we can look to Maddy Tormoen for the answer. Maddy competed in the Subaru 1998 Ironman Canada Triathlon held August 30, 1998, in Penticton, Canada, across the border from Washington. The 1998 Ironman Canada was for Maddy, a professional duathlete, her first Ironman triathlon. The evolutionists among us might think that competing in a triathlon is a natural progression from the duathlon. That theory falls apart, however, when one considers the obstacles that Maddy overcame before competing in the Ironman Canada.

Maddy started running in high school. She excelled in the sport and decided that she would expand her horizons and become a professional duathlete. At the same time, she developed a hamstring problem that has plagued her racing career until recently. Maddy's hamstring became unnaturally tight,

causing her pain and impeding her racing.

As Maddy tells it, her piriformis muscle outgrew its compartment (fascia) and put pressure on the sciatic nerve, which affected her hamstring muscle because the sciatic nerve goes along the hamstring. This condition caused a restriction of Maddy's blood flow in her hamstrings. Over the years, Maddy had a generalized pain through her gluteal and hamstring muscles, but that pain rarely went below her knees. Maddy's hamstrings felt like gristle to her. The muscles were not loose and she felt tightness through her hamstrings.

In 1989, Maddy underwent her first hamstring release surgery to relieve the pain and tightness. Despite Maddy's hamstring problems, she dominated the duathlon scene, winning the National Championships "a couple of times" and making a living out of the sport for about five years. The 1989 surgery helped somewhat but the pain in Maddy's hamstrings became so great that she retired from competing as a professional duathlete in 1995.

In 1996, Maddy had another hamstring release to help ease the pain that had returned. Maddy felt that a gluteal release, not a hamstring release, was the answer, but her then-doctor prevailed upon her to undergo the hamstring release. The second hamstring release was helpful, but Maddy still had mild tightness.

Although she raced well in 1997, Maddy's pain became concentrated in the piriformis (buttock) area, and she started having a fist-like feeling in that region in the fall of 1997 and spring of 1998. Maddy could run with the feeling, but it felt uncomfortable and sometimes painful. In April 1998, she had another surgery, called a piriformis release, which required that the surgeon cut through Maddy's gluteal muscle. Again, this surgery was intended to relieve Maddy's pain and the tightness in her hamstrings.

She's wasted little time after the piriformis release surgery in returning to her racing groove. Since the surgery, Maddy has competed in the Dannon Duathlon Series event in At-



Maddy Tormoen has overcome obstacles

Marathon training

The philosophy of a marathoner
The marathon is an event where nothing is guaranteed. An infinite number of variables can impact performance on race day.

The successful marathoner is invariably an individual who looks at training for the event as an ongoing process as opposed to a project. While a marathon can be run following several months of training, a runner will only achieve his/her potential after several years of hardening the body and mind to thousands of training miles.

– George Straznitskas



Movie Line of the month:

"Sell crazy someplace else. We're all stocked up here."

Released on video a few months ago, this flick earned an Academy Award – *his second* – for the guy who made the statement above. Guess the flick and the speaker and earn widespread applause all across the United States as well as the keys to Hays, Kansas.

"As Good As It Gets"
Jack Nicholson in
Answers:

See Maddy on Page 4

Riches to Rags Matt-isms

by Matt Martin

Now that Democrats in Washington are jumping the ship on President Clinton, is it about time that the SCR revokes his lifetime club membership? After the Lewinsky affair, I doubt whether Clinton could even win a contested election for a seat on the SCR Board of Directors. After all, a recent CNN poll suggested that 45% of female SCR members would never again have an affair with Clinton.

A recent study showed that 90% of Americans own at least one T-shirt. The same study showed that the SCR's Jim Robinson wears his T-shirt at least 90% of the time. The results were skewed somewhat since the study did not include judges. No one knows what they wear under those robes, nor does anyone want to know.

No one censors this rag, not even the SCR Board of Directors. I am a non-elected SCR officer, only because I choose occasionally to contribute some babble to "Footprints."

Mark Twain once said: "It is by the fortune of God that, in this country, we have three benefits: freedom of speech, freedom of thought, and the wisdom never to use either."

In my case, two out of three is not bad.

Rocky on Fitness

It's time to get ready for the ski season

by Rocky Khosla

Well, it's Labor Day and I feel good!

You see, it's usually exactly 6 weeks from now when I can once again look forward to pursuing my favorite activity in the world. Yes, in 6 weeks downhill skiing returns to Colorado. It's not that I don't enjoy the rest of the year, but skiing season (which extends to 9 months of the year for me) is my favorite time of year.

If you too are looking forward to having a healthy and happy ski season, start to get in ski shape now. You may think that all that running should be all that you need to smoke down the slopes, but it ain't so! Downhill skiing requires different muscle groups to work together than does running, and a stronger upper body can sure make the skiing is more balanced, especially in the moguls.

My recommendation for a program to prepare you for ski season is as follows:

Keep up the aerobic activities such as running and biking, but add weightlifting and specific ski exercises. My weightlifting regimen includes doing about 10 repetitions per

station at a circuit setup like Nautilus, and doing about 2 go-arounds on the circuit.

For ski specific exercises, I do wall-sitting and jumping over ski poles laid on the ground about a foot apart. For the wall-sitting exercise, push your back against the wall and bend your knees so that your thighs are parallel to the floor, with your feet and knees together. Start by trying to hold that position for about 30 seconds, and then build up to about 2 minutes. I warn you that this will make your quads scream!

For the ski-jumping exercise, make sure you have warmed up and stretched. Lay your ski poles on the ground about 1 foot apart.

Start by standing with your feet together, and then jump over the poles and land on the other side of the poles with your feet together, and repeat until you are tired.

As always, if you have medical concerns, please talk to your doctor before starting the above program. But if you stick with the above, you'll be cookin' down the slopes in no time!

Till the next time, start thinkin' snow (hey, it's never too early).



Maddy

Continued from Page 4

lanta and the National Duathlon Championships in New Orleans, where she placed third overall for professionals in both races. In the Ironman Canada, Maddy's total time was 10:31:15, which was good enough for 83rd overall (men and women) out of 1,719 starters (1,469 finishers) and 7th in her category (9:21:16 was the winning time in the Pro Women division) out of 15. Maddy's splits were 1:16:52 for the 3.8 km swim (13th in her category and 15th overall); 5:33:43 for the 180.2 km bike (2nd in her category and 74th overall); and 3:40:41 for the 42.2 km run (4th in her category and 49th overall).

Most important, Maddy is feeling really good about her recovery. She had some sciatic pain in June and July that seems to have cleared up. She is feeling positive, confident

and 100% recovered from her hamstring woes.

What drives Maddy to overcome the adversity she has faced in her career and to continue pushing herself to the limit to meet newer challenges? She says she loves to run and work out, and that running is her life. From what we have seen, Maddy has yet to reach her limit.

Maddy was one of two Puebloans to compete in the Subaru 1998 Ironman Canada. Gerald Puls was the only entrant in the 70+ category, but unfortunately did not finish. However, Gerald did finish his swim and we congratulate him for his effort.

Perhaps Woody Allen had Gerald in mind when he said: "I don't want to achieve immortality through my work. I want to achieve it through not dying."

Next SCR Meeting

The SCR will meet at 7 p.m. Tuesday, Oct. 6, at the YMCA. All SCR members are invited.



Taco Bell 5K River Walk/Run

by Jeff Arnold

Weather for the second annual Taco Bell River Walk/Run was cooler than last year but the pace was blistering. Peter De La Cerda, former national champion for Adams State, hammered the hilly 5K course in 14:59 with Sammy Ngatin, a Fort Carson E5 originally from Kenya, and Kelly Mortenson from Colorado Springs both recording times rarely seen in Pueblo. Mark Koch and Rich Hadley had another hot duel but finished ninth and tenth, respectively.

Dave Diaz ran into another age grouping that kept him from being the baby again since turning 50, but still won handily in 18:57. Pamela White's 19:25 left Chrissy Cruz and Rita Vigil well behind in spite of their fast (21:01 and 21:11) times. Sometime superstar Lorraine Hoyle showed her heels to well over half the field of men, women and children in 23:11.

On the first lap crossing of the Union Ave bridge, De La Cerda and Mortenson were shoulder to shoulder and flying. By the penultimate turn from Victoria onto D Street, De La Cerda found top gear and held off the strongly closing Ngatin, who is in long-distance training for the Twin Cities Marathon.

The walk was dominated by young people: three of the top six were 15 year olds and 9 of the top 25 were that age or younger. Of the 74 finishers, 33 were 15 and younger. The Boys and Girls Club of Pueblo and The El Pueblo Boys and Girls ranch each brought large contingents.



Peter De La Cerda had victory well in hand just yards before crossing the finish line of the River Walk 5K Run.

– Photo by Gary Franchi

River Walk 5K Run results

Races held August 29, 1998.

Results provided by Jeff Arnold.

5K Run

Overall winners

Male: Peter De La Cerda, 14:59

Female: Pamela White, 19:05

1 Peter De La Cerda	26	14:59	32 Teresa Southard	29	21:59
2 Sammy Ngatin	39	15:06	33 Catherine Lopez	44	22:00
3 Kelly Mortenson	27	15:11	34 Mike Borton	42	22:08
4 Dan Vega	30	15:44	35 Andrea Schwartz	21	22:19
5 Paul De Witt	30	15:55	36 Brad Van Buskirk	37	22:25
6 Chris Borton	22	16:44	37 Scott Reno	18	22:29
7 Shane Fanning	25	17:09	38 Basil Hernandez	41	22:49
8 David Domingues	25	17:11	39 Gary Rael	33	23:07
9 Mark Koch	39	17:42	40 Lorraine Hoyle	51	23:11
10 Rich Hadley	42	18:00	41 Foster Agüero	44	23:18
11 Larry Volk	34	18:45	42 Hilbert Navarro	58	23:26
12 Dave Diaz	50	18:57	43 John Eckhof	30	23:40
13 Pamela White	23	19:05	44 John Thomason	15	23:41
14 Tim Agüero	19	19:21	45 David Moore	50	23:47
15 Jim Robinson	47	19:25	46 James Wilson	16	23:51
16 Francis Xavier	43	19:46	47 Robin Eckhof	29	23:54
17 Alex Popoff	46	20:06	48 Trinidad Sanchez	57	23:56
18 Jeff Keller	27	20:16	49 Joe Vigil	39	24:04
19 Don Smith	29	20:20	50 Kirk Kochenberger	40	24:25
20 Bill Veges	41	20:21	51 Brandon Van Buskirk	13	24:38
21 Kyle Reno	16	20:28	52 Jan Huie	49	24:52
22 Troy Chacon	30	20:29	53 William Van Buskirk	62	25:05
23 Robert Santoya	36	20:56	54 Carrie Slover	45	25:14
24 Matt Sherman	26	21:00	55 Fran Borton	51	25:32
25 Chrissy Cruz	30	21:01	56 Todd Kelly	33	25:41
26 Brian Van Buskirk	22	21:10	57 Jessie Quintana	54	25:55
27 Rita Vigil	31	21:11	58 Kelly Kurtz	32	26:01
28 Rocky Khosla	39	21:20	59 John Holiman	71	26:17
29 Leslie Rude	31	21:24	60 Paul Willumstad	49	26:27
30 Joe Farra	52	21:28	61 Sarah Blackwell	21	26:32
31 Lou Huie	52	21:42	62 Stacie Fillmore	32	26:37
			63 Vicki Williams	29	26:38
			64 Corey Moreschini	29	26:45
			65 Debbie Yaden	28	26:51
			66 Jess Cosyleon	51	26:58
			67 Stephanie Pugh	16	27:25
			68 Mike Pugh	49	27:26

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Happy Birthday!

SCR members with September birthdays

- 2 Lillian Rivera
- 2 Maria-Elena Weaver
- 5 Sally Taylor
- 7 Kylie Ottersberg
- 10 Edmund Vallejo
- 10 Gary Addington
- 12 Bob Boyd
- 13 Casey Dutro
Anthony Pratt
- 14 Tiffany Reno
Frances Banda
- 15 Matthew Diaz
- 16 Debra Wilcox
- 18 Wendy Messick
- 19 Cathy Kelley
- 20 Christopher Borton
Andres Flores
- 21 Stacey Diaz
Carley Weaver
Tomas Duran
William Van Buskirk
- 22 Ty Rice
Michael Orendorff
- 23 Gary Franchi
- 25 Jennifer Sherman
- 26 Jo Kukezic
- 27 Debra Hadley
- 30 Dane Rice



These members weren't born

SCR records show that the following SCR members do not have birthdays and, thus, were never born:

- Les Lundin
- David Hall
- Rich Hornish
- Barbara James
- Rob/Scot/Adam Montoya
- Julie & Adrienne Martin
- Megan & Nicole Westerman
- Melody Lundin
- Jessica, Coby, Emily & Logan Gogarty

Please let the SCR's membership chair know when your birthday is.





Good things to know

Main causes of running injuries:

- 1 – Running too much.
- 2 – Running too hard.
- 3 – Running too often.
- 4 – Any combination of 1 - 3 above.

– Syracuse Chargers
Track Club

Walking adds years to life

Walking is the simplest and easiest way to get some physical activity. Walkers have a longer life span than nonwalkers, says the *New England Journal of Medicine*. Women walkers can prevent osteoporosis because walking is a weight-bearing exercise, which is important for keeping bones strong. Walking also improves cardiovascular endurance, reduces the risk of cardiovascular disease and helps control weight.

Why women like swimming

Swimming makes muscles longer but not bulkier, meaning you can tone without adding mass. That is said to be one of the main reasons it is so popular with women.

Taco Bell 5K River Walk/Run

River Walk 5K Walk results



Pamela White was the overall women's division 5K winner with a 19:05 time.

Photo by Gary Franchi

River Walk 5K Run results

Continued from Page 5

69 Beatrice Grebence	44	27:54
70 Michael Parliapiano	43	28:15
71 John Klomp	59	28:22
72 Mack Williams	30	28:23
73 Diana Reno	36	28:32
74 William Askwig	67	29:04
75 Judy King	24	29:57
76 Bryan Grover	26	29:59
77 Mary Ann Fierro	17	30:02
78 Derrick Marquez	12	30:03
79 Jess Becerra	41	30:17
80 Lillian Jones	41	30:37
81 Bruce Maurello	40	30:53
82 Tammy Carter	25	30:54
83 Pat Greer	47	30:57
84 Julie Vigil	34	31:58
85 Aaron Diaz	11	33:02
86 Anthony Diaz	40	33:03
87 Carlos Rodriguez	53	33:24
88 Pricilla Portillos	61	36:01
89 Alvera Maybral	13	39:03
90 Taylor Cansino	5	44:55
91 Dan Cansino	x	44:55

Magnificent 7

The 7 main risk factors for heart disease are high blood pressure, smoking, unhealthy blood cholesterol levels, lack of exercise, being overweight, diabetes, and stress.

– American Heart Association

5K Walk
Overall winners:
Male: Dustin Edwards, 36:15
Female: Amy Fanning, 36:18

1 Dustin Edwards	15	36:15	36 Janelle Furrer	48	48:42
2 Steve Garcia	25	36:16	37 Kim Furrer	46	48:43
3 Amy Fanning	24	36:18	38 Roberta Van Dyke	60	48:49
4 Charlene Alfonso	36	36:50	39 Josh Potts	17	50:06
5 Robert Nabozny	15	37:38	40 Mora Askwig	53	51:11
6 Henry Sisson	15	37:46	41 Margaret Turman	72	51:15
7 Elisa Rodriguez	33	38:07	42 Elizabeth Lopez	48	53:13
8 Fonso Garcia	49	38:24	43 Adele Anderson	49	53:40
9 Nicholas Rodriguez	55	38:26	44 Dale Anderson	53	53:40
10 Jennifer Barron	15	41:00	45 Ron Dehn	50	53:42
11 Brenda Vaughn	37	41:11	46 Louisa Rodriguez	7	53:46
12 Francisco Chism	12	41:46	47 Magdalena Candelaria	11	53:56
13 Dan Golob	34	41:51	48 Gen Algien	46	53:57
14 Gigi Dennis	36	42:00	49 Gloria Duran	45	53:57
15 Dean Dennis	36	42:06	50 Natasha Rodriguez	11	54:28
16 Dianna Garcia	50	42:07	51 Frankie Rodriguez	11	54:31
17 Jimmy Sellers	15	42:54	52 Shasta Jimenez	7	54:35
18 Jon Dewitt	15	42:59	53 Erica Rodriguez	10	54:36
19 Vicky Janos	46	43:07	54 Earl Cower	15	55:23
20 Alyce Gangaware	47	43:08	55 Sara Mascarenas	15	55:24
21 Kim Lutgen	24	43:13	56 Maria Madrill	15	55:25
22 Karen Fowler	50	43:21	57 Angela Rodriguez	15	56:04
23 Charles O. Mara	9	43:22	58 Cody Keever	15	56:07
24 Elizabeth Anderson	45	44:29	59 Stere Miller	15	56:18
25 Laura Parks	15	44:30	60 Nathan Greer	15	56:19
26 Elizabeth Allen	21	44:30	61 Brent Flood	15	56:21
27 Lori Mugasis	41	41:31	62 Sabrina King	15	56:23
28 Michele Roalofs	22	44:22	63 Monique Caldwell	15	56:25
29 Susan Crockett	45	45:35	64 Dax Charles	27	56:27
30 Charles Crockett	56	45:36	65 Tommy Willumstad	12	56:49
31 Ken Pavlik	49	46:25	66 Christine Wilumstad	49	56:53
32 Joyce Carrigan	51	46:51	67 Aldo Battiste	74	57:10
33 Judy Santarelli	34	46:52	68 Dee Ann Battiste	59	57:11
34 Terry Kromberg	15	47:22	69 Kayla Rodriguez	10	1:04:02
34 Bonnie Pavlik	48	47:40	70 B.J. Villalobos	8	1:04:03
			71 Joe Villalobos	7	1:04:04
			72 Mark Griego	5	1:07:16
			73 Jon Griego	8	1:07:17
			74 Ryan Candelaria	13	1:07:21



Fifteen-year-old Dustin Edwards held off Steve Garcia and Amy Fanning in an exciting finish to the River Walk 5K. The three walkers finished within a mere 3 seconds of each other.

Photo by Gary Franchi

Run for the Rose 5K Walk/Run

Races held September 5, 1998.
Results extracted from results board.

5K Walk

Overall winners

Female: Amy Fanning, 35:56

Male: Nicolas Rodriguez, 37:48

1. Amy Fanning	24	35:56
2. Charlene Alfonso	36	36:59
3. Nicolas Rodriguez	55	37:48
4. Elise Rodriguez	33	37:48
5. Mona Donaldson	37	39:04
6. Sheelah Kiel	41	39:12
7. Brian Garcia	26	39:54
8. Theresa Garcia	26	39:56
9. Alyce Gangaware	47	41:37
10. Vicky Janos	46	41:38
11. Harvey Herzog	70	41:59
12. Elizabeth Allen	21	43:04
13. Anthony Blackmore	29	43:43
14. J.R. Donaldson	10	43:44
15. Marian Finley	34	43:48
16. Victoria Roybal	30	44:00
17. Michele Koalofs	22	44:22
18. Chris Romero	41	44:55
19. Manuel Santos	25	45:32
20. Ro Beirer KeMonet	39	45:49
21. Donna Garcia	42	45:50
22. Esther Garcia	40	45:51
23. Johnathon Torres	4	46:00
24. Pauline Torres	38	46:02
25. Laura Baroni	44	46:08
26. Natalie Martinez	12	46:15
27. Henry Samora	49	46:17
28. Kellie Cremer	16	46:27
29. Rudy Martinez	10	46:29
30. Paulette Martinez	29	47:07
31. Perry Chacon	32	48:46
32. Rose Santos	50	48:48
33. Carlos Aguilar	33	48:50
34. Theresa Cadena	49	48:52
35. Cindy Ayala	38	48:54
36. Rose Martinez	25	49:11
37. Jennifer Samora	17	50:27
38. Janelle Williams	17	50:29
39. Devon Sadar	18	50:29
40. Christina Dwyer	27	51:27
41. Anna Rodriguez	24	51:27
42. Mary Ann Groos	59	51:51
43. Esther Baca	48	52:47
44. Elizabeth DeHerrera	46	52:48



It was a great day for the Fannings at the Run for the Rose 5K, with Shane capturing overall honors in the run division while his wife, Amy, was the 1st finisher in the walk division.

- Photo by Gary Franchi

45. Cipriana Zapata	59	55:35	22. Stacey Diaz	37	22:59
46. Everett Baker	29	56:04	23. Marv Bradley	59	23:00
47. Anna Baker	50	56:05	24. Dave Moore	50	23:06
48. John Gladbach	64	56:07	25. Lorraine Hoyle	51	23:09
49. Dee Dee Wright	35	56:13	26. Jeremy Gregory	14	23:12
50. Marge Gladbach	62	57:34	27. Butch Nezvinsky	43	23:13
51. Nona Gladbach	37	57:35	28. Steve Gladbach	37	23:18
			29. Jennifer Alvarado	27	23:51
			30. Raul San Miguel	48	23:59
			31. Diane Lopez	40	24:39
			32. Brandy Know	18	25:04
			33. Jessie Quintana	54	25:46
			34. Kevin Donoly	38	25:52
			35. Chad Alvarado	25	25:52
			36. Thomas Alvarado	36	25:54
			37. John Holiman	71	26:01
			38. Jess Cosyleon	52	26:51
			39. Mike Parlapiano	43	26:53
			40. Sam Spaccamonti	17	26:56
			41. Dennis Romero	19	27:10
			42. Farrel Flieder	40	27:15
			43. Stephanie Pugh	16	27:21
			44. John Sell	41	27:22
			45. Richard Valdez	39	27:34
			46. Doug Mesner	48	27:37
			47. David Santos	52	27:39
			48. Richard Leyva	58	29:05
			49. Lillian Jones	41	29:15
			50. Julie Vigil	34	30:10
			51. Mae Nezvinsky	43	30:11
			52. Patrick Greer	47	30:43
			53. Jean Halfpop	55	30:45
			54. Chris Montour	38	34:38

5K Run

Overall winners

Male: Shane Fanning, 17:22

Female: Stacey Diaz, 22:59

1. Shane Fanning	25	17:22
2. Timothy Vigil	34	17:56
3. Gerald Romero	27	17:57
4. Michael Orendorff	46	18:12
5. Aaron Lopez	14	18:39
6. Dave Diaz	50	18:42
7. Jim Robinson	47	19:15
8. Troy Chacon	30	19:24
9. Bill Veges	41	19:26
10. Shaun Gogarty	39	20:01
11. Jim Cordova	25	20:12
12. Robert Santoya	36	20:33
13. Mike Pugh	49	20:35
14. William Thiebaut	25	20:36
15. Dan Jensen	41	20:37
16. Matt Sherman	26	20:54
17. Sam McClure	45	20:54
18. Joe Farra	52	20:59
19. Sean Finley	38	21:09
20. Roy Donaldson	35	21:53
21. Anthony Soto	40	22:25

Pikes Peak Ascent & Marathon (area finishers)

Pikes Peak Ascent

Females

Angela Bliss	17	Pueblo	4:20:19
Tina Clark	40	Westcliffe	4:20:53
Evelyn Cosyleon	19	Pueblo	5:02:25
Sharon Vigil	41	Pueblo	3:47:11

Males

Mark Bless	46	Pueblo	4:20:20
Bonifacio Cosyleon	49	Pueblo	5:11:40
Greg Cress	40	Pueblo	4:33:53
Ken Danylchuk	46	Pueblo	6:15:56
Butch Faoro	31	Penrose	4:39:50
Rocky Khosla	39	Pueblo	4:24:39
Mark Koch	39	Pueblo	2:49:13
Tom Roemer	33	Canon City	3:42:30

John Sell	40	Canon City	5:10:31
Matt Sherman	26	Pueblo	4:38:20
Fred Vigil	44	Pueblo	3:49:15

Pikes Peak Marathon (round trip)

Female

Carol Kinzy	50	Pueblo	6:50:48
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Males

Ronald Betz	50	Pueblo West	6:00:11
William Lane	32	Pueblo West	10:41:57
Hector Leyba	48	Penrose	5:00:59
Butch Nezvinsky	43	Pueblo	6:49:14
Robert O'Callaghan	37	Pueblo	6:29:43
Matt Rottinghaus	16	Pueblo	6:20:42
Douglas Thornton	37	Penrose	6:03:44



RRCA State meeting Dec. 12

The next RRCA state meeting has been scheduled for Dec. 12 in Leadville in conjunction with the Off-Track Off-Beat 10K Snowshoe Run. Main agenda items are:

- 1) How your club can get more support than insurance from the RRCA.
- 2) Creating and maintaining a statewide calendar to promote inter-club dialogue.

Any SCR member may attend this meeting. For information, contact State Rep Lisa Paige at (303) 972-1619 or e-mail her at runlpaige@juno.com.

Skiers will ante up in Vail

Skiers who walk up to the window to purchase a day lift ticket in Vail or Beaver Creek will have to fork over \$61 during prime ski times at Christmas or during spring break. However, Colorado Card holders can receive substantial discounts that allow them to purchase 1-day tickets for as low as \$12 a day to \$57 a day depending on the time of the season.



Training to do your best

If you're training for a long-distance race like the marathon, rest is one of the most important things you should consider. When the body is tired, it is more susceptible to injury. You can do yourself a world of good by taking easy days between hard (or long) workouts and by taking one or two days off a week. Rest also means backing off every three weeks or so to give your body a chance to recover.

And not training and racing at the same level all year long. The break will reinvigorate your running and also lower your injury risk.
- Dave Kuehls in *Runner's World*

Big new race

Organizers of the inaugural "Run the Rock" races in Castle Rock held Aug. 30 were astounded when the event drew nearly 900 runners on Aug. 30. The event - which included 10K, 5K and a Kids Fun Run - was launched to raise funds for the Douglas County High School Challenge Course and the city's Chamber of Commerce.

Energy bars

You need to drink plenty of water for energy bars to do their job.

- American Running and Fitness Association

Handicap Series takes a turn for the weird

Through some prompting a while back, Handicap Series maestro Mike Orendorff introduced a couple of new factors to the Handicap Series mix last month in the Nirvana Run. After the runners had completed the 4-mile course, their height and weight were taken via tape measure and scales. Mike was able to factor in those figures and rate the runners' performances accordingly. I'd love to report on those handicapped race rankings, but I'm still trying to figure out Mike's formula. Anyway, the ranks I DO understand are as follows:



SCR Handicap race series results

Here are the predict results of the past couple of SCR Handicap races:

1, Ryan Riley	:11	11, Shawn Gogarty	1:57
2, Bill Veges	:48	12, Nick Leyva	2:16
3, Nick Leyva	1:15	13, Robert Santoya	2:19
4, Rich Hadley	1:25	14, Jeff Arnold	2:49
5, Gil Cruz	1:35	15, Gloria Gogarty	2:57
6, Don Pfof	2:12	16, Jessica Gogarty	3:10
7, Dave Diaz	2:35	17, Ken Osborne	4:23
8, Lois Pfof	3:40	18, Logan Gogarty	17:17

Tunnel Drive Race in Canon City Predict differential

1, Zak Brown	:04
2, Rich Hadley	:28
3, Matt Sherman	:31
4, Dave Diaz	:34
5, Trevor Hadley	:55
6, Mark Koch	:58
7, Marijane Martinez	1:04
8, Mike Orendorff	1:13
9, Melinda Orendorff	1:15
10, Jessi Christian	1:32

Nirvana Run in Colorado City Predict differential

1, Rich Hadley	23:32
2, Mark Koch	23:32
3, Mike Orendorff	24:47
4, Trevor Hadley	27:05
5, Robert Santoya	27:19
6, Shawn Gogarty	27:33
7, Ken Osborne	27:37
8, Logan Gogarty	27:43
9, Matt Sherman	28:29
10, Dave Diaz	28:34
11, Nick Leyva	29:44
12, Jessica Gogarty	32:50
13, Jeff Arnold	33:11
14, Zak Brown	33:56
15, Marijane Martinez	34:56
16, Gloria Gogarty	36:03
17, Jessi Christian	37:32
18, Melinda Orendorff (*)	49:15

Actual 4-mile times

* - Melinda walked the course.	
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Mark Koch measures Robert Santoya's height as new handicap factors jazzed up the Nirvana Run.

Photo by Gary Franchi

Harvest Poker Run slated for Oct. 24

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 will be 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 the SCR's "Footprints" newsletter as a bonus. We'll even try to remember to bring membership forms.

If you have some wood for the bonfire, please bring some with you. Merci.



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1998 Racing Calendar

Pueblo County - Canon City area

September

27 Sun 8:30AM Hot to Trot 5K, Run/Walk Union Avenue (719) 564-9303

October

16 Fri 4:30PM Race Against Drugs, 5K Boys/Girls Club(719) 564-0055

11 Sun 7:00AM River Trail Marathon Pueblo West (719) 543-5151

7:30AM River Trail Half-Marathon & 10K Half – Pueblo West “

10K – Nature Center “

24 Sat 5:00PM Harvest Poker Run, 5M & Potluck Bonfire ... Pueblo West (719) 564-9303

November

1 Sun TBA Turkey Trot, 5K City Park (719) 545-2015

Other areas

September

20 Sun Pony Express Run, 15M Rampart Resrv., CS (719) 598-2953

October

4 Sun Kids Fall Series, .5M N. Monument Valley Pk. (719) 590-7086

4 Sun Fall Series, 3M N. Monument Valley Pk. (719) 590-7086

18 Sun Kids Fall Series, .75M Garden of the Gods (719) 590-7086

18 Sun Fall Series, .4.5M Garden of the Gods (719) 590-7086

24 Sat Mayor's Cup, 5K & .5M Kids Manitou Springs (719) 473-7848

November

1 Sun Kids Fall Series, 1M Ute Valley Pk. (719) 590-7086

1 Sun Fall Series, 6M Ute Valley Pk. (719) 590-7086

7 Mon Greater Denver Road Race, 5.280K Washington Pk., Denver (303) 671-8366

The final Fall Series races will be held November 15.

Regional Marathons (& others of interest)

Sept.	20	Quad Cities – Moline, IL (& Relay & 5K)	(309) 757-1000
	26	Kokopelli Trail – Grand Junction (& Half & 50K Ultra plus Half “Trek”)	(970) 248-3654
October	27	Duke City – Albuquerque, NM	(505) 890-1918
	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
	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
December	28	Seattle, WA	(206) 729-3660
	6	Tucson, AZ (& Half & Relay)	(520) 320-0667
	6	California – Sacramento	(916) 983-4622
January	13	Honolulu	(808) 734-7200
	10	Walt Disney World	(407) 939-7810



Other known racing dates

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 18

Colorado Half-Marathon
& 10K

November 14

Rim Rock Run, 37K
in Grand Junction

November 14

President's Run, 7M
in Cherry Creek Park

November 21

Atlanta 5K

November 21

Turkey Trot Predict
in Colorado Springs

December 5

Jingle Bell Run
in Colorado Springs

December 6

Rock Canyon
Half-Marathon

December 13

Lynmar Teddy Bear R/W
in Colorado Springs

Get the results of your out-of-town races to “Footprints” Editor Gary Franchi at:
Call (719) 676-4100 • Mail to P.O. Box 19910, Colorado City, CO 81019 • e-mail to franchi@pcc.ccoes.edu



Stats that rule

- The field for the 2000 Olympics triathlon will be limited to 50 men and 50 women. – *USA Triathlon (USAT)*
- Running 2 - 3 hours a week can reduce your risk of gallstone disease by 20 - 40%. – *Harvard School of Public Health*
- When people reduced their diets from 41% fat to 25%, they became more angry, hostile and depressed. – *British study*
- 91.1% of "Footprints" readers who run 2-3 hours a week became more angry, hostile and depressed. – *Pollsters Unlimited*

Races to help you welcome in fall

by the Editor

Hot to Trot Run & Walk

SCR Secretary Jessie Quintana has been hustling her tail off (well, not LITERALLY) behind the scenes so that the Hot to Trot 5K Run & Walk can be a success. Although the race is at the same time as the Corporate Cup bike – Sunday morning, Sept. 27 – this still will draw a good field.

The races will start and finish at the Pueblo Plaza Fountain in downtown Pueblo and will utilize the Union Avenue area for the race course. Overall winners will be submerged in the fountain to test their ability to hold their breath. This event is part of the Pueblo Chile & Frijole Festival. Co-o-o-o-o-1 T-shirts are being silkscreened as I write.

By the way, just kidding about the fountain dousing of winners.

Two races added

We learned about two additional races to the schedule at the SCR's last meeting. One is the annual **Race Against Drugs**, a 5K that will be held at 4:30 p.m. Friday, October 16, at the Pueblo Boys and Girls Club on the

south side. If I recall correctly, kids didn't have to pay an entry fee to run this race in past years. I assume this will occur again. This will benefit the Boys and Girls Club.

The other addition is the return of the **Turkey Trot**, a 5K run and walk that is scheduled for Sunday, November 1, at City Park. This will benefit a Pueblo soccer team that qualified for nationals.

River Trail races

With the cancelation of the Colorado Marathon, entries for the **River Trail Marathon** are expected to swell. In fact, Race Director Ben Valdez says they are pouring in already. The marathon – along with the half and the 10K – are scheduled for Sunday, October 11.

Ben can use some volunteer assistance for this mammoth event. Course marshals, water stop help, etc., is needed. Please call him at the YMCA – 543-5151 – and volunteer to help. Ben said it wouldn't surprise him if we had 500 entries for the events this year.

Finishers of both the half and the full marathon will receive custom medals this year, and the refreshments table at the finish will have bagels as well as other goodies.

For the soul ...

"Life is a positive sum game. Everyone from the gold medalist to the last finisher can rejoice in a personal victory."

– the late Dr. George Sheehan

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Don't be left out of the loop!

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