

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



EDITOR: Gary Franchi

FOOTPRINTS

The choice for any millenium.

A colorful October 1998 Edition



Hope to see YOU at the Harvest Run

By Gary Franchi

We're having a 5-mile handicap race, a game of poker and a bonfire with dinner all rolled into one, and we're inviting YOU (all SCR members and others who are interested in the SCR) to join us. This epic event will be held **Saturday, October 24, at Lovell Park in Pueblo West beginning at 5 p.m.**

To be honest, I stretched the truth a bit, as I usually do and as is my prerogative as editor of this internationally acclaimed publication. The game of poker is being combined with the 5-mile race. You see, each runner will be given a card from a deck at each mile mark, meaning you'll get your last card at the finish line. Then the male and female with the best poker hand will win.

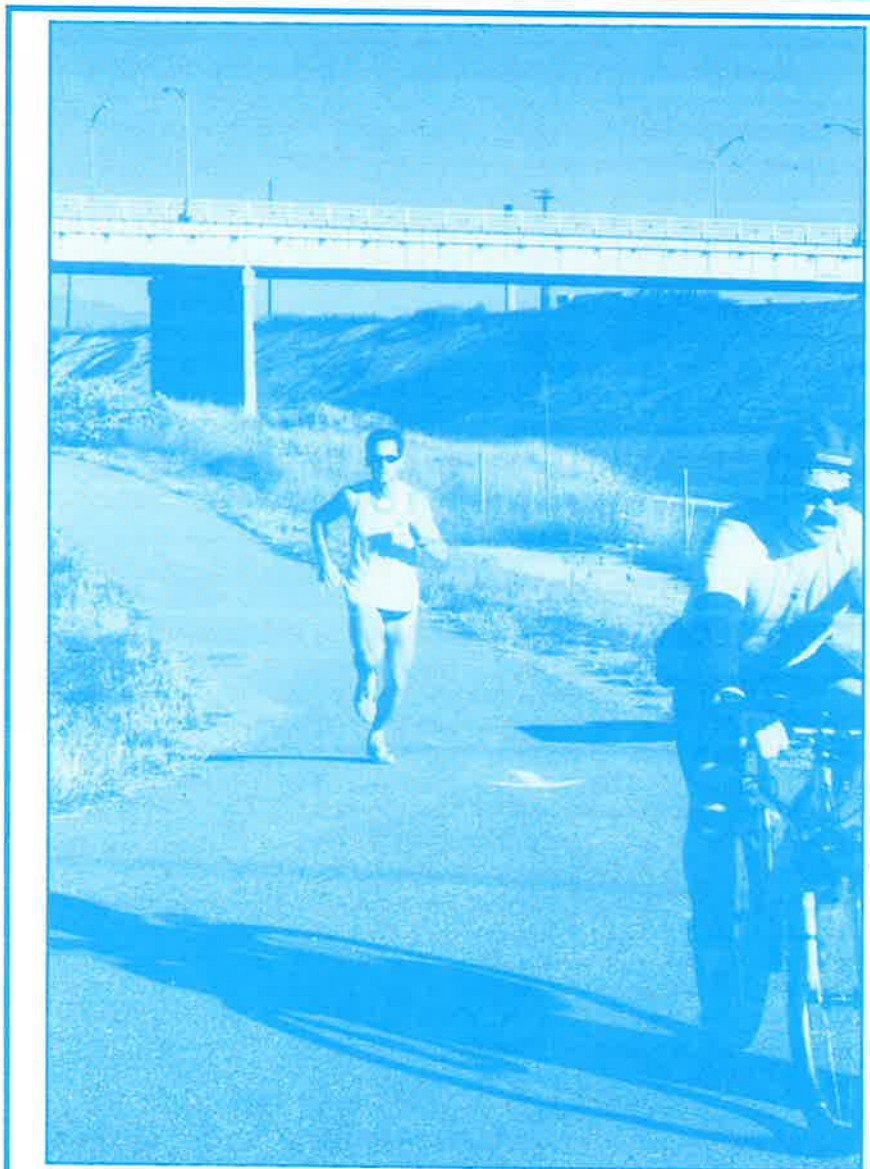
What will they win, you ask? How about an autographed copy of "Footprints?"

No? Aw, shoot. Okay, the two overall poker hand winners will each get one-fourth of the kitty from the \$5 entry fee that all racers will be charged. The remaining one-half (ain't I good at math!??!) of the entry fee kitty will be used to offset the cost of chicken, liquid refreshment and stuff like paper plates, plastic silverware, etc., that the SCR will purchase.

Runners are asked to bring a food item that will complement the chicken that 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.

One more thing: **If you have some extra wood laying around that we can use for the bonfire, please bring some with you.**



Smelling Victory

Eventual River Trail Half-Marathon winner Doug Poirier of Boulder had built a big lead by the time he crossed under the Fourth Street Bridge. River Trail coverage is on Pages 6, 7 and 8 inside.

Photo by Gary Franchi





Chewta says:

*"Hi, gang!
Just wanted you all to know that the SCR voted at its monthly meeting for October to be a sponsor for an elementary school race in Woodland Park that will benefit the Leukemia Society in its quest to find a cure for this dreadful disease. Our connection is club member Laura Engleman, who lives in Woodland Park and who ran a marathon in 1996 as a member of Team in Training, which raises money for that same leukemia organization. Good cause, I say. Ruff! Ruff!"*

Run with SCR members

A group of SCR runners gathers for a weekly trail run at 5:30 p.m. each Thursday at the Nature Center. They alternate 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.

S.O.S.

We need your help with our monthly newsletter

By Matt Martin

Changes are in the works in 1999 for "Footprints," the newsletter of the Southern Colorado Runners. Gary Franchi, national award-winning "Footprint," editor, has established high standards for quality that some of us have come to take for granted. The effort needed to maintain that quality takes a lot of Gary's time.

Besides writing and designing the newsletter, Gary also must complete several monthly tasks that include assembling and mailing the newsletter, getting and putting together in publishable form a race calendar, race results and advertisements, and also billing advertisers. In addition, Gary has become an unofficial point man for the SCR as he receives inquiries monthly about the club and its activities.

Gary is burned out. And, we must help if we are to keep him as our editor. We would like to put together a volunteer staff and delegate some of the responsibilities to these staff members. Following are some of the methods we have come up with for accomplishing this:

As Assistant Editor, I will be heading the Race Results and Reports Team. We are looking for people who are willing to be members of this team. Duties will include obtaining race results, getting the results to the team leader (me) on disk or e-mail, and possibly reporting and photographing the race.

We need someone to help assemble and then mail the newsletters every month. Assembling is not a problem since several club members convene monthly at the Gold Dust Saloon and this generally provides an excuse for a party. Hence, the only requirements of this job are to make sure mailing labels are in hand for the assembling party, help assemble the newsletters, and mail them. Mailing entails taking the newsletters to the post office and paying for the postage (the mailer is reimbursed by the club treasurer).

We also need someone to take charge of the

advertising, which includes contacting or being contacted by current and potential advertisers, designing ads, and then billing for the ads. We have someone in mind for this job who shall remain nameless for the time being. This position is relatively minor now but could be expanded somewhat.

Finally, we need an informational liaison for the SCR (although we believe this should be a club and not a newsletter function) to field inquiries about the club, upcoming events, etc.

Can you help? If so, please give Matt or Gary a call. We will be scheduling a brief meeting in the near future. Matt's numbers are (day) 545-0027 and (night) 542-5350. Gary's numbers are (day) 549-3053 (before 5:00 p.m.), and (night, after 8:00 p.m.) 676-4100.



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. 209^{3/4}

"Footprints" is the newsletter produced monthly by, of and for the SCR membership. It covers all the news that's important to no one. Regular readers of "Footprints" are known for having no trouble sleeping.

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, Cosmo Kramer (*)	

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, expound and vote on issues, and doodle in a notebook.

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 aren't cool.

COUPON

This coupon redeemable for 2 free Boo-Boos (orange Kamikazes) at the Gold Dust Saloon



Offer good October 26 - 31, 1998.

(*) - Editorial Consultant Cosmo Kramer is the tall character with the stand-up hair in the "Seinfeld" TV program.



Great (& so-so) Stuff

by Gary Franchi



I'm not falling for Standard Time

Thought for today's lunch, compliments of the late Liberace: *"Costumes are the core of culture; therefore, performers without costumes stand out like rat droppings in clear soup."*

Musings on running, fitness, life, etc.: Dontcha just love the fall season? The intense heat is history. Cool evenings. You can run when you get off work, sleep in on Sundays before going for a jaunt in nice weather, and begin pulling out the long-sleeved T-shirts. Of course, it could be better. If we were all rich, we wouldn't have to waste our fall days working.

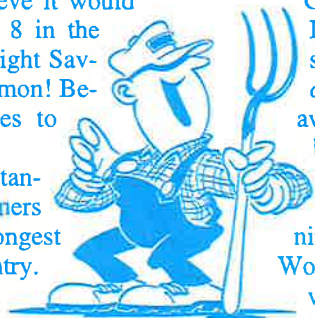
This fall has been glorious, but that will end at 2 a.m. on October 25 when Mountain Standard Time kicks in. Oh, yeah, it's great to get that extra hour for one day. But, after that, instead of waking up in the dark and getting off work at 5 in the light, we get to wake up in the light and get off work in the dark. Kiss those evening runs good-bye, unless you like to run in the dark with a flashlight and take a chance on stepping in a hole or some such fun. Boy, sure is fun taking a shower in the morning while it's light out.

A genius probably thought of Standard Time. Probably a techno-nerd. Maybe Bill Gates. What difference would it make to him? He can play around on his computer any old time of day. He doesn't give a hoot whether it's light or dark out when he's trying to develop Windows 2000 or Word for Windows version 99. Probably developed Standard Time because he was an early riser and wanted it light out when he walked outside to pick up the paper in the morning. Proof: Ever seen any pictures of Gates running?

Actually, I've always heard that Standard Time was instituted so that kids can walk to school in the morning when it's light out. Say what? Are you trying to make me believe it would still be dark out at 7:45 or 8 in the morning if we were on Daylight Savings Time all year-round. C'mon! Besides, 80% of 'em get rides to school anyway.

No, the real reason for Standard Time is because farmers and ranchers have the strongest lobbyists in the entire country. Farmers/ranchers need to get up early to feed the cows and horses and stuff, and they didn't want to do too much of this in the dark. Their lobbyists got the legislation passed that is making the rest of us suffer. Proof: Ever seen any guys running down country roads in bib overalls or cowboy hats?

See?



So the next time you walk out of your workplace at 5 p.m. and it's pitch dark out and you don't want to run, go home instead, open up a brew and get ready to watch the tube for the evening.

Hmmmm. Maybe we should actually be thanking farmers and ranchers. Without them and their lobbyists, you'll probably suffer a lot less injuries during the fall and winter seasons. Your long-sleeved T-shirts won't wear out as fast either. You won't have to replace your running shoes as often. You'll see more of your spouse and the kids. You can eat dinner with the family and clean the kitchen afterward and ...

... You know, maybe running in the dark with a flashlight isn't so bad after all.

This month's smorgasbord: Typing "long-sleeved T-shirts" a minute ago reminded me that one thing I've learned from typing the word "T-shirt" a zillion times during the past 15 years in this newsletter is that you don't want to leave the "r" out. So far I haven't. I've been lucky. Knock on wood (*Editor knocks on his head*) ... I was running around Lake Beckwith in Colorado City recently, wearing my headphones, when I heard that old "Hey, Hey, My, My" song by Neil Young. Listening to the words made me wonder: Why did he make a song about Johnny Rotten. Was Rotten supplying him with drugs or something? ... We have a satellite dish, subscribe to that Dish Digital network, and get more stations than I can keep track of. Makes me realize how much I missed Mother Anjelica. NOT! What IS true is that some folks must be really imaginative and creative to come up with some of the drivelish shows that are on there. For instance, there actually is a program called "Two Fat Ladies." I don't think it's about running ... While walking from my car to the Gold Dust to assemble last month's newsletters, I passed the Lamplight coffee shop. It had a sign in the window that said: "Best coffee and cinnamon rolls in Pueblo." In case you aren't aware of it, the Gold Dust claims it has the best burgers in Pueblo. This must be a **Union Avenue thing**. If a running apparel store ever opens down there, would it have the "best running shoes in Pueblo?" What if a brothel opened? Would it have – oh, never mind ... To those of you who might someday be making your first visit to Dave and Stacey Diaz's house on Drake Street on the south side, be advised that you can't get there. I'm serious. They live in the **Bermuda Triangle**. You could spend hours trying to find their house... One last seasonal thought: In 1999, don't wear your scary mask all year again, just on Halloween. Later, gators!

Ultimate in idiocy item of the month:

This little tale doesn't concern fitness in any way, but it's too good to pass up. Seems that 6 men believed to be illegal aliens from Mexico got tired while traveling by foot in Norias, Texas (60 miles north of the Mexico border) and decided to stop for a little nap. Unfortunately, they picked railroad tracks for beds, and all 6 were killed by a freight train, earning this month's *Lights Are Dim* award posthumously.



Movie Line of the month:

"We don't know where Hayes played last year but we're sure he did a helluva job."

This movie is a few years old now and has had a sequel already. I've seen this flick about a dozen times and have probably used a line from it before (maybe this one for all I know). Anyway, guess the speaker and movie and go wash the dishes.

*Answers below.
"Major League"
Bob Uecker in
Answers:*

Please don't say it's true

Utta Pippig, the favorite of many (especially men) because of her pure wholesomeness, tremendous running ability and choice of eye shadow, has been suspended by the German Athletics Association after failing a drug test. The test, given in April, showed unnatural levels of the male hormones testosterone and epitestosterone (10 bucks if you can pronounce that on your first crack). If Pippig is found guilty, she will be banned for two years. If she is found innocent, I suggest execution for the members of the German group.

In case you missed it

Banned for life from running against humans because of drug violations, Canadian sprinter Ben Johnson obviously is lacking for something intelligent to do. In his latest adventure, Johnson raced against two horses and a race car in Charlottetown, Prince Edward Island. This isn't a totally disgusting event since it was held to benefit charity. Anyway, Johnson beat the car but lost to the horses. No word on whether the car and the horses passed their drug tests after the race.

Rocky on Fitness

Strategies for avoiding colds and influenza

by Rocky Khosla, M.D.

With the arrival of fall, we can look forward to cooler temperatures, football, and ... more coughs and colds.

Studies have shown that fall is associated with the greatest number of upper respiratory infections, and no one is quite sure of why that is. There are a lot of theories such as the fact that most kids return to school in fall, and infections can be readily passed through entire groups that are forced into close quarters. Another theory holds that many viral agents like influenza mutate and come across from the East in the fall.

No matter what the cause may be, here are some ideas that may help you decrease your chance of getting sidelined by upper respiratory infections:

First, prevention strategies that can help prevent upper respiratory infections. Washing your hands really does cut down on getting and passing infections. Sure, you wash your hands when you go to the bathroom, but how about after a big meeting where you might have shaken hands with lots of people. But Rocky, you say, who has time to wash their hands all the time, not to mention not having access to soap, water and towels?



Well, I will let you in on what I do in my busy medical practice as I go room to room seeing patients: There is a product made by Purrell that has a bactericidal and virocidal ingredient along with aloe that does not require washing your hands or needing towels. You just squirt a bit of this on your hands, and it dries within 15 seconds. It kills 99.99% of bacteria and viruses on your hands. Other preventative strategies include avoiding smoke-filled places, getting enough sleep, exercising regularly, and reducing the stress in your life.

As far as vitamins and supplements are concerned, there is a lot of controversy, and

there have been no good, controlled studies showing any benefits from vitamin C nor the ability of any other supplement to prevent bacterial or viral upper respiratory infections. If you are going to take vitamin C, do not take more than 1.5 to 2.0 grams (1,500 to 2,000 mg) per day, since exceeding this amount may increase the risk of kidney stones developing.



Finally, I would like to mention two shots that may be worth getting. First, if you are over 65 or have any significant medical condition such as diabetes, emphysema, etc., please consider getting a pneumonia shot called Pneumovax. Second, I recommend that everyone except people who are allergic should consider getting a flu shot every year in October. I know, a lot of people will tell you that they got the flu from the flu shot, but it isn't so! The flu shot is a killed vaccine, so it cannot give you the flu.

As far as what to do when you have an upper respiratory infection to hasten your healing, there are some small studies that suggest zinc lozenges may help to shorten viral respiratory symptoms. I tell people that most upper respiratory infections are viral and you do not need to see a doctor nor be on antibiotics. If you have a fever over 101 degrees Fahrenheit or are having shortness of breath, severe cough, neck ache, or feel really bad, then by all means see the doc. Otherwise, I recommend loading up on fluids, getting plenty of rest, and chicken soup.

Also, if you have any symptoms below the neck, i.e., cough, fever, etc., then you should not exercise till these have resolved. This is one time where toughing it out can be a very bad mistake because there are certain viruses that can cause heart damage if you exercise to any significant extent while the virus in question is within your system.

Wishing you all good health.

Runner's Roost hosting a Running Club Weekend

WHEN: Halloween weekend
Friday - Sunday
October 30 - November 1

WHAT: 20% off running merchandise



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Number of firsts in 4th annual Hot to Trot

by Matt Martin

The 4th annual Chile & Frijole Festival Hot to Trot 5k Run/Walk -- sponsored by the Greater Pueblo Chamber of Commerce, KNKN Radio, and the Southern Colorado Runners -- was a first for more than one person. Jessie Quintana was hot to trot to her first shot as a race director, and Karin Romero won her first race.

Forty-one runners and six walkers lined up at First & Grand near the site of the Chile & Frijole Festival in downtown Pueblo as Jessie shouted out final instructions.

Rich Hadley of Florence surprised no one



as he led all male runners with his time of 17:51. Karin Romero led all women with her time of 23:02. Patricia Droste won the walkers division with a time of 38:22.

Karin surprised herself with her finish. She did not figure to be place, let alone finish first. She only runs about twice a month but works out daily on her Stairmaster, a stationary bike and by chasing her kids around the house.

Karin, a native of Beulah, is heading down a new path in her life. She is returning to school to finish her degree in Mass Communications and Public Relations. She hopes to then pursue a career in publishing.

(Ed. Note: She could be a chef, too!)



Good trips for the Gogartys

SCR members Shawn and Gloria Gogarty of Colorado City had a busy and exciting September trekking to the Western Slope. First they did the Imogene Pass Run, an 18-mile up-then-down course that truly takes competitors into the nosebleed altitude. Shawn ran Imogene in 3 hours, 15 minutes, while Gloria walked up and ran down to record a 5:05 clocking. Later in the month, they tried the Kokopelli Trail races in Grand Junction. There, Shawn ran the full marathon in 4:09 while Gloria figured the half-marathon was pain enough and ran finished that in 2:32. Meanwhile, their daughter, Jessica, is setting PRs while running for County High's cross country team.



Overall Winners

Happy first-place trophy winners in the Hot to Trot 5K were (from left) top female Karin Romero, top male Rich Hadley, and top overall walker Patricia Droste.

Photos by Matt Martin



Young & Fast

Tops among the 18-under runners in the Hot to Trot 5K were (from left) Aaron Lopez, 14, 1st-place male; Vera Mayoral, 13, 1st-place female; & Jeremy Gregory, 14, 2nd-place male.

Hot to Trot 5K Run/Walk

Races held Sept. 27, 1998
Results provided by Matt Martin

Runners Division

OVERALL WINNERS

Male: Rich Hadley, 17:51

Female: Karin Romero, 23:02

Name	Age	Time
18 & Under Female		
Vera Mayoral	13	25:29
Megan Weber	11	29:15
Brittney Koman	15	29:58
Kali Gradishar	11	30:23
Sheena Gradishar	14	35:46
18 & Under Male		
Aaron Lopez	14	19:05
Jeremy Gregory	14	21:41
Jim Durkee	15	29:10
19-29 Female		
Beatrice Coppin	24	23:50
Vicki Williams	29	26:47

19-29 Male		
Thomas Durkee	22	21:33
Andrew McCoy	25	23:53
30-39 Female		
Denise Crepeau	38	25:20
Kelly Kurtz	32	26:38
Diana Reno	36	27:23
30-39 Male		
Tim Vigil	34	18:49
Vince Bucci	33	20:10
Robert Santoya	36	20:31
Gary Rael	33	25:29
40-49 Female		
Jan Huie	49	25:00
Diane Lopez	40	25:22
Jamie Sabo	46	29:58
Mae Nezvinsky	43	30:47
Deborah Smith	41	32:42
Cynthia Pulham	45	37:27
40-49 Male		
Mike Borton	42	22:28
Basil Hernandez	41	22:32
Butch Nezvinsky	43	22:42

Jess Berrera	41	29:51
Patrick Greer	44	29:51
Andy Sabo	46	29:59
Cal Blackburn	41	33:50
50 & Over Male		
Dave Diaz	50	19:32
Lou Huie	52	21:50
Gil Cruz	55	22:32
Larry Knighten	51	23:13
Hilbert Navarro	58	24:31
Bob King	61	32:35

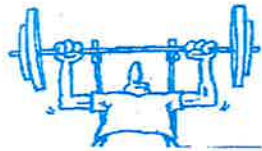
There were no females in the 50-over division.

Walkers Division

Name	Sex	Age	Time
Patricia Droste	F	38	38:22
Sheila Kiel	F	41	40:05
Chris Romero	M	41	45:54
Debbie Gradishar	F	41	46:59
Karen Weber	F	47	47:55
Jean Knighten	F	?	47:56

"Pre" movie hits Colorado

The movie about the late Steve Prefontaine that was originally scheduled to show up in theaters many months ago has finally reached Colorado. "Without Limits" is now playing in Denver. You'll have to go up there to see it since it's very unlikely that it will ever show up in Pueblo theatres.



Racing Notes

Sorry, Laura!

Our listing in last month's "Footprints" of area finishers in the Pikes Peak Ascent & Marathon failed to mention that the SCR's Laura Schilf of Cañon City completed the round trip in 6:35:42. Laura was 41st out of 153 women in the round trip.

Area runners shine in Autumn Run

This region had a number of runners complete the Autumn Color Run, a half-marathon in Buena Vista. Some downhill made for fast times. Leading the way was Mark Koch of Pueblo in 1:17:58, 7th overall and 3rd in his age group. His brother, Paul, of Colorado Springs had a 1:13:03 time, good for 3rd place overall. Others you might know were Bob Veges of Denver (brother of the SCR's Bill) in 1:27:26, Tom Roemer in 1:28:51, Marv Bradley in 1:31:45 (3rd in his age group), Laura Schilf in 1:35:33, Jackie Allen in 1:40:44, Susan Gebhart in 1:41:39 and Jane Gebhart in 1:54:52. Congrats to you all!

Quoteworthy

"Facts are stupid things."

— Ronald Reagan, misquoting John Adams in a speech to the Republican convention

Royal Gorge Challenge



7.2-Mile race held Sept. 13, 1998.
Results provided by Brad Jones.

Overall winners

Male: Chris Borton, 45:33
Female: Jill Newman, 52:35

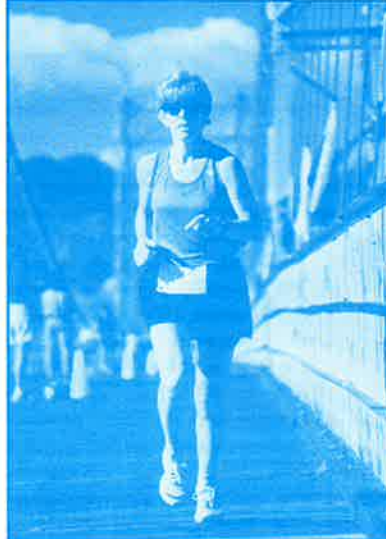
Males

1. Chris Borton	:45.33
2. Rich Hadley	:49.23
3. Robert Veges	:54.19
4. Bill Veges	:54.42
5. Ben Valdez	:55.19
6. Kurt Kinderwater	:57.13
7. Jack Janney	:58.02
8. Sam McClure	:58.34
9. Hector Leyba	:58.56
10. Allen Weaver	:59.59

11. Thom LeDoux	1:00.29
12. Matt Sherman	1:00.39
13. Brian VanBuskirk	1:01.47
14. Curt Ericson	1:02.16
15. Scott Popelar	1:03.07
16. Michael Borton	1:03.51
17. Scott Amis	1:04.06
18. Cary Martin	1:04.53
19. Joe Sisneros	1:04.56
20. Dennis Howard	1:06.05
21. Brad VanBuskirk	1:06.53
22. Randy Johnson	1:11.53
23. Cameron Carlton	1:12.26
24. Chuck Willis	1:13.46
25. Jess Cosyleon	1:16.53
26. Robert Barker	1:19.15
27. Andrew Strandjord	1:21.01
28. Vincent Rosadillo	1:25.55

Females

1. Jill Newman	:52.35
2. Gail Lawrence	:57.xx
3. Prairie Neeley	1:00.29
4. Kristen Jadelis	1:03.31
5. Jenine Ebersohl	1:06.05
6. Gwen Hasted	1:07.18
7. Stacey Diaz	1:10.11
8. Maria Weaver	1:10.32
9. Diane Lopez	1:12.33
10. Nancy Briley	1:13.18
11. Jessie Quintana	1:14.00
12. Laura Engleman	1:14.15
13. Donita Massengill	1:19.41
14. Donna Nicholas-Griesel	1:24.56
15. Cheryl McCoy	1:32.26
16. Deborah Conroe	1:32.26



Top SCR finishers in the Royal Gorge Challenge were overall winner Chris Borton (left) and Stacey Diaz. Helping at the finish line (at right) were Deb Hadley and Lois Pfost (with hat).

Photos by Dave Diaz

River Trail 10K

Race held Sunday, October 11, 1998
Results extracted from the results board.

Males

Runner, City	Age	Time
1, Gerald Romero, CO Springs	27	37:55
2, Bob Engleman, High. Ranch	33	38:05
3, Ben Chavez, Pueblo	54	41:21
4, Hector Leyba, Florence	48	42:24
5, Daniel Melulle, USAFA	22	43:09
6, Lou Huie, CO Springs	52	43:58
7, Nick Bunn, CO Springs	38	45:34
8, Jeff Thomas, Pueblo	29	46:52
9, J. Hundt, CO Springs	43	48:04
10, Steven Engel, Longmont	45	49:23
11, Tom Sayers, Palmdale, CA	39	50:13
12, Aaron Lewis, Pueblo	29	51:19
13, Bob Lane, Pueblo	38	52:04
14, Mike Crepeau, Pueblo West	37	52:05
15, Bill Van Buskirk, Pueblo	63	52:36
16, Bruce Kolbezen, Pueblo	45	52:58
17, Paul Willumstad, Pueblo	49	55:06

18, Mike Parlapiano, Pueblo	43	55:25
19, Farrel Flieder, Pueblo	40	55:52
20, John Holiman, Pueblo	71	55:53
21, Peter Sergejev, Pueblo W.	38	57:35
22, David Foster, Pueblo	61	58:27
23, John Fish, CO Springs	53	59:10
24, Mark Williams, CO Springs	30	59:20
25, Stan Nicodemus, Denver	35	60:11
26, James Hinsey, CO Springs	33	62:20
27, Jess Cosyleon, Pueblo	52	64:22
28, Jim Minnick, Denver	43	65:44
29, Frank Thurston, Castle Rock	44	68:37
30, Tom Voelkel, Lafayette	45	x

Time and place of finisher Basil Hernandez of Pueblo unavailable.

Females

Runner, City	Age	Time
1, Phyllis Dean, Pueblo	35	42:52
2, Rita Vigil, Pueblo	31	43:43
3, Dawn Herson, Denver	25	46:33

4, Andrea Schwartz, CO Springs	21	47:06
5, Misti Frey, Pueblo West	32	48:14
6, Mandi Tribble, Pueblo	44	49:22
7, Clare Kelly, Denver	24	49:28
8, Melissa Rook, Fort Collins	20	49:29
9, Jan Huie, Colo. Springs	49	51:00
10, Leona Chavez, Pueblo	43	52:59
11, Kelly Kurtz, Pueblo	32	53:14
12, Linda Harris, Pueblo	41	55:50
13, Erin Reynolds, Pueblo	18	56:00
13, Vicki Willaims, Pueblo	29	56:48
14, Sophia Bowers, Fort Collins	35	56:48
15, Charity Krow, Pueblo	17	57:35
16, Moira Meagher, Pueblo	21	58:01
17, Mary Lou Betz, Pueblo	42	58:22
18, Colleen Linehar, Pueblo	24	59:25
19, Lillian Jones, Pueblo	41	62:57
20, Lori Hawkins, Pueblo	38	63:01
21, Kelly Jackson, Pueblo	38	66:00
22, Caroline Thurston, Castle Rock	25	68:38
23, Louise Voelkel, Lafayette	44	x



River Trail Marathon

Race held Sunday, October 11, 1998

Results provided by Tammy Miller and Kathy Simpson.

Males

Runner	Residence	Time
1. Phil Ware, Loveland		2:51:20.3
2. Steve Krebs, Wheatridge		2:52:10.6
3. Bret Crock, Parker		2:54:15.8
4. Greg Voelkel, USAFA		2:55:31.2
5. Mark Koch, Pueblo		3:00:12.0
6. David Rowell, Garrison, MT		3:00:57.5
7. Dan Tessier, CO Springs		3:01:04.8
8. Mark Donelson, Evergreen		3:03:13.7
9. Jon Turner, High. Ranch		3:08:34.9
10. John Pfeil, CO Springs		3:10:10.4
11. Mark Miller, Santa Fe, NM		3:11:14.6
12. Terry Ingesoll, High. Ranch		3:17:25.5
13. Brian McManus, High. Ranch		3:19:12.0
14. Ryan Montanez, USAFA		3:19:52.6
15. Dave Yancheck, Cheyenne, WY		3:20:40.2
16. Leslie C. Harris, Louisville		3:21:13.5
17. George T. Bator, Greeley		3:22:48.9
18. Johnny Ray Garcia, Raton, NM		3:26:04.3
19. Tom Karmondy, CO Springs		3:26:52.6
20. Dave M. Diaz, Pueblo		3:27:16.3
21. Cordell Leif, Fort Collins		3:28:20.0
22. Derek Knee, Fort Collins		3:28:31.3
23. Roger Kane, Aurora		3:29:22.8
24. Fred Creamer, CO Springs		3:30:47.3
25. Matt Fater, Fort Collins		3:31:25.9
26. Phil Nissen, Rising Sun, MD		3:31:41.2
27. Thomas Roemer, Canon City		3:31:53.3
28. Brad Dierginger, Lacrosse, WI		3:34:54.4
29. Rob Anderson, Okla. City, OK		3:35:31.0
30. Mark Kozik, Denver		3:35:52.1
31. Phil Kahn, Denver		3:37:34.3
32. Danny Shea, Boulder		3:37:46.3
33. Jim Thomas, Lakewood		3:38:02.2
34. Jim Hammer, CO Springs		3:38:59.7
35. Roger Cline, Lakewood		3:43:07.1
36. Mike MacDonald, Broomfield		3:43:15.2
37. Jackson Sunahara, Castle Rock		3:43:27.9
38. John Lanterman, Boulder		3:44:34.0
39. Kevin Droeg, Greeley		3:44:50.7
40. David Lindsay, CO Springs		3:45:10.6
41. Dave Allen, Canon City		3:45:44.8
42. Bob Beattie, Englewood		3:46:51.3
43. Martin Alswang, Englewood		3:48:21.2
44. Jeffrey Krause, Littleton		3:49:26.7
45. Scott Ryder, Parker		3:50:56.6
46. Robert Santoyo, Pueblo		3:51:42.0
47. Dennis Liptak, Ft. Collins		3:52:10.8
48. Michael Olson, CO Springs		3:52:42.5
49. Bill Huffman, Aurora		3:53:51.1
50. Steve Fifer, CO Springs		3:54:20.0
51. Dale Graff, Alamosa		3:54:35.1
52. George Rathbun, Evergreen		3:54:54.4
53. R. O'Leary, Los Alamos, NM		3:54:56.6
54. Scott Oberlin, Denver		3:55:16.9
55. Jeffrey S. Mettee, Boulder		3:55:29.6
56. Damon Craft, Longmont		3:55:59.6
57. Ric Streeter, Boulder		3:56:08.3
58. Gregory Monroe, Boulder		3:56:47.5
59. Dick Lipsey, Lawrence, KS		3:57:07.0
60. Kim D. Geiger, CO Springs		3:58:12.6
61. Warren Grant, Westminster		3:59:05.0
62. Ryan Rhinehart, Littleton		3:59:23.0
63. Richard Lavery, Fort Collins		3:59:43.6
64. Dave Cunningham, Westminster		4:00:21.9

65. David Wahl, Golden	4:02:01.4
66. Steve Farley, Fort Lyon	4:02:37.3
67. Scott Nuanes, Denver	4:03:39.4
68. Daniel Hazen, Bailey	4:04:23.0
69. Dennis Normoyle, CO Springs	4:04:42.1
70. Al Becken, San Antonio, TX	4:06:56.6
71. Philip Atkinson, Westminster	4:07:03.9
72. Greg Stone, Littleton	4:07:31.9
73. Richard Harris, Albuquerque, NM	4:08:01.9
74. David Stark, Englewood	4:08:55.1
75. Matthew Dunlap, Littleton	4:09:24.3
76. Jared Williams, Littleton	4:09:41.0
77. Bernie McGee, Lakewood	4:09:55.2
78. Ming-Ho Du, Highl. Ranch	4:10:11.9
79. Dennis Velenchenko, Denver	4:10:35.3
80. Al Kroeger, Woodland Park	4:10:52.1
81. Brett Michael Hill, Ft. Collins	4:12:25.1
82. Steve Wiencrot, Denver	4:13:39.9
83. Tim Chamillard, CO Springs	4:14:06.8
84. Scott Hagemann, Arvada	4:17:28.0
85. Emil Rindfleisch, Littleton	4:19:05.0
86. Christopher Leh, Cheyenne	4:19:05.2
87. Sean McCarthy, Pueblo West	4:19:08.6
88. Jerry Jackson, CO Springs	4:22:11.1
89. John Stallworth, Highl. Ranch	4:24:01.1
90. Arthur Davila, Denver	4:24:29.7
91. Chris Pemantell, Denver	4:26:46.3
92. David Haggard, Aurora	4:27:15.4
93. John Malcolm, Boulder	4:27:18.9
94. David Coldwon, Denver	4:27:36.0
95. Bill Schneider, Lonetree	4:28:27.2
96. Mike Archuleta, Pueblo	4:30:10.4
97. Chet R. Morrison, Denver	4:33:10.0
98. John Schaphorst, Aurora	4:34:19.1
99. Todd Hafer, CO Springs	4:34:31.2
100. Mark Herrera, Albuquerque, NM	4:34:48.6
101. Timothy Eviston, Ft. Carson	4:35:22.2
102. Jeffrey Dean, Lakewood	4:37:21.2
103. William Cox Jr., CO Springs	4:38:22.8
104. Eric Leonard, Boulder	4:38:45.6
105. John Schaap, Louisville, KY	4:47:54.2
106. Dale E. Zanchi, Louisville, KY	4:48:39.5
107. Keith Rook, Pine	4:55:05.5
108. Eric Wurtz, Berthoud	4:56:17.2
109. David Martinez, Denver	4:56:40.2
110. Jack Phillips, Monument	4:56:50.7
111. Junichi Aiboshi, Denver	5:02:01.1
112. Milton Taylor, Odenton, MD	5:04:44.4
113. Bob Clasen, USAFA	5:06:42.0
114. Skip Rodgers, Denver	5:06:42.2
115. David Sorenson, CO Springs	5:11:41.7
116. Steve Huff, Lakewood	5:14:19.0
117. Jim Massa, CO Springs	5:16:12.3
118. Walter King, Fort Carson	5:16:28.7
119. Ty French, CO Springs	5:16:29.3
120. Gary Addington, La Junta	5:29:48.0
121. David Klein, Rocky Ford	5:29:48.3
122. Jeffrey Skeels, Westminster	5:31:56.8
123. Mark Jones, Littleton	5:39:46.4
124. Chris Cordova, Lakewood	5:53:22.0
125. Wayne Frohring, Woodland Park	6:17:46.0

Females

Runner	Residence	Time
1. Amy Nesbitt, USAFA		3:15:42.7
2. Maria Alvarado-Ganiere, Superior		3:18:47.2
3. Bridget Mackinnon, Denver		3:26:37.4
4. Jennifer Wheeler, Lawrence, KS		3:28:37.4
5. Allie Fall, Denver		3:31:40.7

6. Teri Albertazzi, Laramie, WY	3:34:53.9
7. Lianne Paster, Englewood	3:48:50.8
8. Laura Schilf, Canon City	3:50:06.6
9. Rory Moore, Denver	3:51:55.9
10. Carol Kinzy, Pueblo	3:53:12.7
11. Sarah Read, Denver	3:54:14.1
12. Christine Ellison, Boulder	3:56:04.8
13. Stephanie Fulcher, Arvada	3:56:04.0
14. Sonja Goehringer, Salida	4:08:04.0
15. Mandy Wambsganss, Pueblo	4:09:58.2
16. Amber McKnight, USAFA	4:12:39.6
17. Carissa Niemi, USAFA	4:12:40.2
18. Maria Elena Weaver, Canon City	4:17:11.7
19. Christine McCarthy, Pueblo West	4:19:08.3
20. Malia Dolfinger, USAFA	4:19:22.9
21. Melanie Bell, Denver	4:20:09.2
22. Elizabeth Kinneavy, Boulder	4:20:41.3
23. Karla Ascher, Dillon	4:21:09.1
24. Donna Horan, CO Springs	4:23:34.3
25. Mary Darden, Lafayette	4:28:42.1
26. Sarah Lungren, Denver	4:32:21.2
27. Delia Dolfinger, Lakewood	4:34:11.4
28. Kristi Dale, Highlands Ranch	4:35:44.3
29. Erin McKenna, Denver	4:37:20.7
30. Ashley Dorroh, Norfolk, VA	4:37:21.0
31. Kim Abrahamson, Englewood	4:37:40.5
32. Kara Stone, Denver	4:37:57.4
33. Mary Zehringer-Whitman, CO Springs	4:38:23.1
34. Kristen Russell, Steamboat Springs	4:41:20.0
35. Sandra Zanchi, Louisville, KY	4:47:30.0
36. Petra Halk, Hornby, Ont.-Canada	4:54:40.0
37. Betsy Richards, Durango	4:55:35.5
38. Carol Rodger, Denver	5:00:06.9
39. Katherine Walsh, Denver	5:01:44.9
40. Doris Vecqueray, Aurora	5:10:23.5
41. Abby Kent, USAFA	5:17:02.3
42. Valerie Danahoo, x	5:18:33.2
43. Frances Herrera, Albuquerque, NM	5:19:41.5
44. Kristy Hill, Fort Collins	5:19:42.1
45. Susan Swindal, Miami, FL	5:31:14.1
46. Barbara Churchley, Evergreen	5:31:23.4
47. Shana Leneveu, Boulder	5:31:48.7
48. Cindy Dodd, Longmont	5:33:39.6
49. Adele Grasee, Aurora	5:33:40.6
50. Catlin Connaughton-Cross, Durango	5:35:34.5
51. Jennie Lundgren, Greeley	5:47:50.1
52. Mary Scott, Colorado Springs	6:51:39.7

Pueblo & Hinterlands Division

Males

1. Mark Koch, Pueblo	3:00:12.0
2. Dave Diaz, Pueblo	3:27:16.3
3. Thomas Roemer, Cañon City	3:31:53.3
4. Dave Allen, Cañon City	3:45:44.8
5. Robert Santoyo, Pueblo	3:51:42.0
6. Dale Graff, Alamosa	3:54:35.1
7. Sean McCarthy, Pueblo West	4:19:08.6
8. Mike Archuleta, Pueblo	4:30:10.4
9. Gary Addington, La Junta	5:29:48.0
10. David Klein, Rocky Ford	5:29:48.3

Females

1. Laura Schilf, Cañon City	3:50:06.6
2. Carol Kinzy, Pueblo	3:53:12.7
3. Sonja Goehringer, Salida	4:08:04.0
4. Mandy Wambsganss, Pueblo	4:09:58.2
5. Maria Elena Weaver, Cañon City	4:17:11.7
6. Christine McCarthy, Pueblo West	4:19:08.3



River Trail Half-Marathon

Race held Sunday, October 11, 1998

Results provided by Tammy Miller and Kathy Simpson.

Males

Runner	Residence	Time
1. Doug Poirier, Boulder		1:21:30.2
2. Rich Hadley, Florence		1:23:00.2
3. Marcus Roeder, CO Springs		1:23:43.5
4. Larry Volk, Pueblo		1:26:47.1
5. Wm. McIntyre, Cheyenne, WY		1:27:29.9
6. Kristen Kern, Los Alamos, NM		1:28:40.2
7. James Robinson, Pueblo		1:30:23.3
8. Ken Staub, CO Springs		1:32:25.5
9. Robert Ross, Boulder		1:34:19.0
10. Norm Ruggles, Highlands Ranch		1:34:22.2
11. Marty Garcia, Pueblo		1:34:40.8
12. Francis Xavier, CO Springs		1:34:53.4
13. Danny Mendez, Raton, NM		1:35:08.2
14. Bob Veges, Arvada		1:35:14.7
15. Chuck Thies, Aurora		1:36:28.5
16. Bob Tafelski, Littleton		1:36:48.0
17. Jim Beckenhaupt, CO Springs		1:37:22.0
18. Bill Veges, Pueblo		1:37:50.2
19. Dennis Smith, Littleton		1:37:57.6
20. Gerald Ruiz, CO Springs		1:37:59.8
21. Paul Chacon, Pueblo West		1:38:51.3
22. Mark Rickman, Pueblo		1:38:57.1
23. Jim Romero, Denver		1:39:09.4
24. Bill Ebersohli, CO Springs		1:39:13.0
25. Jack Janney, CO Springs		1:39:53.1
26. Steve Spellman, CO Springs		1:42:27.3
27. Bobby Arellano, Denver		1:43:09.8
28. Mike Domingo, Honolulu, HI		1:43:15.4
29. Steve Gaulke, CO Springs		1:43:42.0
30. Nick Leyva, Pueblo		1:43:51.2
31. Matt Sherman, Pueblo		1:43:55.9
32. Matt Levasseur, CO Springs		1:43:57.9
33. David Minter, Breckenridge		1:44:03.2
34. Jeff Miller, Pueblo		1:44:10.8
35. Padlo Sandoval, Alamosa		1:44:15.4
36. Frederick Vigil, Pueblo		1:44:23.3
37. Cruz Martinez, CO Springs		1:44:23.6
38. Joe Vernier, Woodland Park		1:44:33.8
39. Matt Gallegos, Pueblo		1:45:30.6
40. Bob Walch, Greeley		1:46:15.0
41. Dan Gallegos, Pueblo		1:47:24.2
42. Karl Conklin, Denver		1:47:40.8
43. Dave Humphrey, Denver		1:49:03.1
44. Brian Vanbuskirk, Golden		1:49:14.1
45. Phil Rose, CO Springs, CO		1:50:20.5
46. Paul Brown, Wetmore		1:52:23.7
47. David Moore, Pueblo		1:52:24.4
48. Nick Phillips, Denver		1:52:47.6
49. Edward Marquez, Trinidad		1:53:07.2
50. Dan Archuleta, Pueblo		1:54:00.5
51. Brian Beadles, CO Springs		1:55:07.8
52. Ed Gleason, CO Springs		1:55:17.9
53. Steve Abrahamson, Englewood		1:56:42.7
54. Robert C. Berger, USAFA		1:59:53.5
55. Jim Peterson, Longmont		2:00:26.3
56. Jack Hedenberg, CO Springs		2:03:05.4
57. Jeff Cleaver, Pueblo		2:03:12.1
58. Terry Lauhon, Longmont		2:04:17.9



SCR President Rich Hadley led all Pueblo & Hinterlands finishers in the River Trail Half-Marathon with a glittering 1:23 time. Photo by Gary Franchi

59. Steven A. Clark, Alamosa	2:04:22.9
60. George Sisneros, Fort Collins	2:05:12.2
61. Mark Alexander, Monument	2:07:41.0
62. Eugene Arellano, Pueblo	2:08:42.6
63. George Williams, CO Springs	2:08:46.5
64. Rick Ramsey, CO Springs	2:16:35.1
65. Hendrick J. Arnold, CO Springs	2:16:52.3
66. D.J. Hinchey, Littleton	2:18:55.2
67. Steven Kibler, Golden	2:23:47.0
68. Danny Salter, Denver	2:24:03.3
69. G.F. Roth, Calhan	2:30:06.4
70. Greg Leneven, Boulder	2:34:31.3

Females

Runner	Residence	Time
1. Stacy Jo Huser, CO Springs		1:38:04.9
2. Michelle Holliday, Boulder		1:40:18.9
3. Deborá Archuleta, CO Springs		1:42:43.7
4. Donna R. Rodriguez, Monument		1:44:02.6
5. Sharon Vigil, Pueblo		1:44:34.0
6. Catherine Cone, USAFA		1:45:00.9
7. Drew Laufer, Breckenridge		1:45:09.6
8. Kathy Pidcock, Parker		1:45:20.6
9. Kathy Shinnick, Boulder		1:45:41.6
10. Kaori Ikeda, Boulder		1:45:42.7
11. Leslie Rude, CO Springs		1:45:57.2
12. Ruth Osborn, Boulder		1:48:28.0
13. Lorraine Hoyle, Pueblo		1:48:59.2
14. Liz Creamer, Security		1:49:25.7
15. Carol Lyndell, CO Springs		1:49:26.3
16. Danica Tutush, Santa Fe, NM		1:49:33.2
17. Kendra Date, CO Springs		1:50:15.2
18. Brandy Stewart, Boulder		1:50:19.7
19. Stacey Diaz, Pueblo		1:50:50.9
20. Laura Williams, Pueblo		1:51:55.4

21. Bev Shepperd, Creede	1:52:52.5
22. Marijane Martinez, Pueblo	1:53:12.4
23. Denise Crepeau, Fort Collins	1:53:45.9
24. Vanessa Bartley, USAFA	1:55:42.1
25. Diane Lopez, Pueblo	1:55:52.5
26. L. Ryan Bowers, USAFA	1:56:39.8
27. Kim Larson, Breckenridge	1:57:28.4
28. Margaret Neves, Fort Collins	1:57:55.5
29. Cynthia Koscielniak, CO Springs	1:58:54.6
30. Bridget Slevin, Castle Rock	1:59:55.1
31. Suzanne Brannon, CO Springs	2:00:35.2
32. Jessie Quintana, Pueblo	2:00:55.1
33. Celeste Rodriguez, USAFA	2:01:46.2
34. Suzie Brenny, Golden	2:03:06.3
35. Dory Apgar, USAFA	2:04:26.8
36. Cathy Osban, Pueblo	2:05:21.1
37. Lynne Downs, Woodland Park	2:07:21.9
38. Lisa Garcia, Arvada	2:07:44.2
39. Donna Nicholas-Griesel, Coaldale	2:10:09.5
40. Deb Haverfield, Monte Vista	2:10:21.8
41. Carey Moreschini, Pueblo West	2:10:56.2
42. Naomi Patrick, Pueblo	2:11:16.0
43. Tracey Larson, Westminster	2:11:16.7
44. Randall Turner, Broomfield	2:13:01.6
45. Melanie Squire, Boulder	2:13:03.6
46. Julie Arellano, Pueblo	2:13:21.6
47. Cheri Mac Renato, CO Springs	2:15:30.2
48. Amy Stecky, Boulder	2:15:40.6
49. Briget Alloway, CO Springs	2:15:41.6
50. Joan Sweeney, CO Springs	2:15:55.3
51. Candace Nelson, Denver	2:16:17.5
52. Cynthia Arendt, Boulder	2:16:52.9
53. Katie Ford, Littleton	2:21:04.8
54. Cheryl McCoy, Salida	2:26:52.6
55. Mary Soya, Denver	2:28:09.0
56. Monica Mesa, Fort Collins	2:29:04.0
57. Michele Liptak, Fort Collins	2:42:51.2
58. Michelle Pryor, Superior	2:43:29.5
59. Amy Gleason, CO Springs	2:52:48.8

Pueblo & Hinterlands Division

Males

1. Rich Hadley, Florence	1:23:00.2
2. Larry Volk, Pueblo	1:26:47.1
3. James Robinson, Pueblo	1:30:23.3
4. Marty Garcia, Pueblo	1:34:40.8
5. Bill Veges, Pueblo	1:37:50.2
6. Paul Chacon, Pueblo West	1:38:51.3
7. Mark Rickman, Pueblo	1:38:57.1
8. Nick Leyva, Pueblo	1:43:51.2
9. Matt Sherman, Pueblo	1:43:55.9
10. Jeff Miller, Pueblo	1:44:10.8

Females

1. Sharon Vigil, Pueblo	1:44:34.0
2. Lorraine Hoyle, Pueblo	1:48:59.2
3. Stacey Diaz, Pueblo	1:50:50.9
4. Laura Williams, Pueblo	1:51:55.4
5. Marijane Martinez, Pueblo	1:53:12.4
6. Denise Crepeau, Pueblo West	1:53:45.9
7. Vanessa Bartley, USAFA	1:55:42.1
8. Diane Lopez, Pueblo	1:55:52.5
9. Jessie Quintana, Pueblo	2:00:55.1
10. Cathy Osban, Pueblo	2:05:21.1

Next SCR Meeting

The SCR will meet at 7 p.m. Tuesday, Nov. 3, at the YMCA. All SCR members are invited.



Vistas of the 15th annual River Trail

The victory by Doug Poirier of Boulder in the River Trail Half-Marathon earlier this month didn't come easily. Doug actually was the third half-marathoner to cross the finish line after being directed off course with a mile to go and ended up running toward Runyon Lake. Marcus Roeder of Colorado Springs, in second place, followed him.

Rich Hadley of Florence, who was third, redirected the two runners ahead of him to get them back on the proper course. Roeder wound up finishing first, Hadley second and Poirier third.

But Race Director Ben Valdez adjusted Poirier's time and awarded him first place. What's really cool is that Roeder graciously asked to be awarded third place overall instead of second, saying that Hadley would have caught him anyway if not for the problem with the misdirection on the course.

In the marathon, 20-year-old Amy Nesbitt,

a senior cadet at the Air Force Academy, successfully defended her River Trail crown with a time of 3:15:40. The only other marathon by the Orange County, California native was Boston earlier this year when she ran an identical 3:15 time.

The men's marathon winner was 40-year-old Phil Ware of Loveland in 2:51:20 in his first River Trail attempt and his 17th marathon overall. Ware is proof that runners can get better with age since he has set PRs at all distances – 5K, 10K, 10-mile, half-marathon and marathon – during the past year. Yeah, his River Trail time is his marathon PR. Phil also has been to Pueblo Spring Runoff races.

This report made possible by notes provided by the SCR's Kathy Stommel, who took the time to interview the winners. Kathy also was the finish line volunteers coordinator.

Good job, Kathy!



Training to do your best

Well, it's getting about that time of year where it's too cold to bike outside. That means some of you will have to use a stationary bike as a crosstraining vehicle.

You know, what if someone invented a **stationery** bike? Would the U.S. Postmaster deliver it? Just a thought. Anyway, here are some thoughts from George WhatHisName on how stationary biking can improve your running:

"Pedaling at a high cadence translates to improved running speed. Pushing too high a tension level at a low cadence will not help you run better. However, spinning at a rate of 95-110 RMP will help your foot speed. Part of the reason is that the act of running requires a turnover of approximately 100 RMP. Thus, the legs are being trained at a rate specific to the needs of the runner. As little as two sessions per week will help strengthen those quadricep muscles, maintaining a healthier balance with the hamstrings. The result will be fewer injuries and better running."



Las Vegas races get new courses

The starting lines for the Las Vegas International Marathon and Half-Marathon are being moved closer to the strip – more than 3 1/2 miles closer – and the finish line will now be in Sunset Park, wherever that is. The annual expo and packet pickup location is at the MGM Hotel. Hopefully, the buses that transport runners to the starting lines will leave a tad later in the morning.

For the record, the races are scheduled for Sunday, February 7. The 5K race will take place the day before, on Saturday.

The weekend is without a doubt an annual hootenany for runners from throughout Southeast Colorado.

Unfortunately, we all know the stinkin' T-shirt design won't change.

Happy Birthday to you!

- | | |
|---------------------------|-----------------------|
| SCR members with: | |
| October birthdays | |
| 2 Jim Neblick | 4 Kathy Ulsh |
| 4 Joe Stommel | 5 Jessie Quintana |
| John Thomason | 10 Cindy Rivera |
| 7 Terry Baxter | 11 George Balles |
| Alyssa Morris | 13 Patricia Marian |
| 9 Nick Leyva | 14 Lauren |
| 10 Tom McKenna | Dorsey-Spitz |
| 12 Laura Engleman | Ryan Dorsey-Spitz |
| 13 Michael Pugh | 17 Troy Portillos |
| Susan Crockenberg | Larry Volk |
| 14 Janet Ulsh | Rocky Khosla, M.D. |
| 15 Kathy Godec | Mrya Whitney |
| 16 Neal Taylor | 18 Deborah Barela |
| 17 Ted Portillos | 19 Jack Harris |
| 20 John Castanha | 21 Lacey Dehn |
| Dotsy Baxter | 22 Lisa Arellano |
| 21 Jody Ottersberg | 23 Eric Gochanour |
| 24 Erin Holmes | Kathy Tonsing |
| 25 Marta Duran | 25 Christine Quintana |
| 27 Chantelle Gallegos | Rob Huie |
| Trevor Hadley | 26 Mike Borton |
| 30 Lynn Miller | 27 Jean Halfpop |
| Buddy Lambrecht | Frances Cosyleon |
| 31 Edie Hollman | 28 Andrea |
| Betsy Hill | Crockenberg |
| | 29 Robert Quintana |
| November birthdays | |
| 1 Mark Robinson | |





News we need

A recent article in "Arthritis Today" magazine said that sex releases the body's own natural painkillers, called endorphins. The body experiences the same kind of endorphin surge after sex that contributes to a runner's high.

Endorphins are morphine-like derivatives that relieve pain and can make you feel good. Endorphins may ease pain for one to three hours after sex.

Running seminar

An organization called **Run Magical Life** will conduct a couple of its "Ultimate Running" seminars on Friday and Saturday, Oct. 24 & 25, in Longmont for runners of all ability levels. The aim of the seminar is to enable runners to develop their own customized training schedules. The seminar will cover exercise physiology, essential running topics, the key components of the PentacruX training system, dynamic stretching, passive stretches, upper body stretches, self-testing and evaluation, and periodization and programming. For information, call (303) 440-1220.

Definitely Not Great Stuff

by Matt Martin



Coming back from injury not always easy

"Always bear in mind that your own resolution to success is more important than any other one thing."

– Abraham Lincoln

by Matt Martin

Last month, I described the arduous but inspiring journey of the SCR's Maddie Tormoen on her road back from piriformis release surgery. Maddie's comeback was made possible because her life is focused on running and she was resolved to overcome the temporary physical limitations caused by her injury. Maddie placed trust in herself and gathered the inner strength to overcome the odds.

We can learn from Maddie's example. No, I am not talking about hiring Maddie's surgeon to cut the gluteus maximus out of the White House. Most of us will be faced with an injury at one time or another, and we can motivate ourselves from her example. I have been working my way back from a stress fracture in my vertebrae and, most recently, a foot condition called plantar fasciitis. The doctor gave permission to me in mid-September to begin running again after a lay-off of most of the last year and one-half. Coming back has been a mixed bag of feelings. I sometimes feel during a run that I have never run before. At other times, I feel like I am running like a gazelle.

In the first few months after my back injury, I hardly worked out. I was in so much pain

and I was depressed. However, I gained some hope of recovery, and motivation to cross train, after I switched medical doctors and also started a treatment known as "Rolfing." However, no matter how much cross training I did, none of it could prepare my muscles and lungs for hitting the road again. On the other hand, my level of fitness is above average; so it's not like starting from scratch.

I have a comeback plan. I am bound and determined to stick with the plan and succeed in my comeback. I cannot expect to be fleet of foot or run forever after such a long layoff. I trust myself, however, to stick with my plan and to lead a good, healthy lifestyle to get in good shape and stay that way. So, if you see me out there running at a snail's pace, give me a honk and a wave. Better yet, hop out of the car and join me. I could use a rabbit.



With stone-faced resolve, SCR members Marv Bradley and Kim Westerman-Martin finished the October 11, 1998 version of the Mount Rushmore Marathon in Rapid City, South Dakota. Marv finished in 3:18.22, good enough for 26th overall out of 163 male runners and 2nd in the 55-59 age group. Kim finished in a PR of 3:49.50, good enough for 15th overall out of 78 female runners and 5th in the 35-39 age group. Erstwhile SCR President Rich Barrows and family, running as "Barrow's Crew," won the Family Relay Division in a time of 3:26.52.

Congratulations to all!

These kids sure can run, can't they?!?



Those Dorsey-Spitz kids – I think there are about 10 of them and they all run and do triathlons and get all A's in school and eat their vegetables – have been truly a joy to follow. "The Daily Bugle" did a big story on high schoolers Ryan and Jenna, who run cross country for South High.

Every time I check the high school meet results, I see their names among the leaders. Jenna

took 1st recently in the Lori Fitzgerald Memorial meet in Denver with a 19:36 time and then won the girls division of the South-Central League meet with a 19:42 clocking. Oh, and she's just a freshman. Ryan also has been placing high in his meets.

I also heard that younger brother Brendan, 12, placed 4th in his age division in the 1st Fall Series race in the Springs.

1998 Racing Calendar

Pueblo County - Canon City area

October

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

November

8 Sun 9:00AM **Turkey Trot, 5K** City Park (719) 545-2015

21 Sat 9:00AM **Atalanta 5K, Run & Walk** City Park (719) 547-9030

December

6 Sun 9:00AM **Rock Canyon Half-Marathon** City Park (719) 564-9303

13 Sun 9:00AM **Nick & MoJo's Excellent Adventure, 8M** 117 Regency (719) 564-6043

Other areas

October

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

November

1 Sun **Kids Fall Series #3, 1M** Ute Valley Pk. (719) 590-7086

1 Sun **Fall Series #3, 6M** Ute Valley Pk. (719) 590-7086

8 Sun **Veteran's Day 10-Mile Run** Cherry Creek State Park
Englewood (303) 694-2030

14 Sat **Rim Rock Run, 37K** Grand Junction (970) 243-4055

14 Sat **President's Day Run, 7M** Cherry Creek Reservoir
Englewood (303) 985-1168

15 Sun **Fall Series IV, 7M & 1.25MKids** Palmer Park, Springs (719) 590-7086

21 Sat **Turkey Trot Predict, 5K** Prospect Lake, Colo. Springs (719) 473-2483

26 Thur **Turkey Trot Predict, 4M** Washington Park, Denver (303) 694-2030

December

5 Sat **Jingle Bell Run, 5K** TBA, Colorado Springs (719) 475-1075

6 Sun **Walnut Brewery 5K Run/Walk** Park Meadows, Englewood (303) 694-2030

12 Sat **Santa's Surprise 5K** Fairmont Park, Denver (303) 694-2030

13 Sun **Teddy Bear Run/Walk, 5K** Monument Valley Pk., Springs (719) 598-7075

13 Sun **Jingle Bell Run, 5K** Washington Park, Denver (303) 694-2030

Regional Marathons (& others of interest)

October 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

7 White Rock – Dallas (972) 270-5264

8 Santa Clara, CA (888) 823-3455

8 San Antonio (210) 246-9652

28 Seattle, WA (& Half) (206) 729-3660

December 6 Tucson, AZ (& Half & Relay) (520) 320-0667

6 California – Sacramento (916) 983-4622

13 Honolulu (808) 734-7200

20 Christmas Marathon (& Half) – Olymica, WA. (360) 456-0554

January 10 Walt Disney World (407) 939-7810

17 Houston (713) 957-3453

17 San Diego (& Half) (888) 792-2900

30 Mardi Gras – New Orleans, LA (504) 482-6682

February 7 Las Vegas International – & Half & 5K (702) 240-2722



Jingle Bell Run

The reason why we hadn't heard of a date for this year's Jingle Bell Run is that it's not being held in Pueblo.

Something new and different

This is for runners like Marv Bradley who enjoy challenges that the rest of us would quietly ignore. A 175-mile relay for 12-person running teams has been scheduled for March 26-27 in the state of Texas. The Lone Star Relay will begin in Houston and finish in Austin. Runners will start in waves and running will continue throughout the night.

Just think, Marv, you can have a night shift! Want to know more? Call 1-877-782-6547.

Or check out this Home Page on the Web:
<http://www.ontherun.com/lonestarrelay>

Good idea

Every runner in the Teddy Bear 5K Fun Run held in Denver earlier this month was given a teddy bear to run with and to donate to Children's Hospital after the race. Frank Shorter was among those who ran in the race.

Get the results of your out-of-town races to "Footprints" Editor Gary Franchi at:

Call (719) 676-4100 • Mail to P.O. Box 19910, Colorado City, CO 81019 • e-mail to franchi@pcc.ccooes.edu



News about races here and all over

by the Editor

Stats that rule

- From 1994 to 1996, the number of U.S. marathon finishers jumped from 324,500 to 396,000. – *USA Track & Field's Road Running Info. Center*
- The Bolder Boulder 10K was the 4th largest U.S. road race in 1997 with 34,508 finishers. – *USA Track & Field*
- 55% of U.S. adults are obese or overweight. – *American Sports Data*
- 59.6% of "Footprints" readers who also ran marathons in 1994 gave up marathoning to join the ranks of the overweight. – *Pollsters Unlimited*

Turkey Trot/Atalanta 5K

Race Director Dan Gallegos has plans in high gear for the **Turkey Trot**, a 5K run and walk that is scheduled for Sunday, November 8, at City Park. Note that the date of this race was changed to the 8th from the 1st after last month's issue of "Footprints" had already been printed. So it goes.

That race will give females a tuneup for the annual Atalanta 5K Run/Walk that will be held two weekends later on Saturday, Nov. 21, on the same City Park course. Both races are based at the Pavilion since the aquatics building, or whatever it's called, on the opposite side of the park is unavailable for the Atalanta this year. Misti Frey is again directing the Atalanta.

The Excellent Adventure

The annual Excellent Adventure at the home of Nick and Marijane, 117 Regency on Pueblo's south side will take place on Sunday, December 13, beginning at 9 a.m. This is a Handicap Series (predict) race and a pot-luck brunch. The predict race is an 8-mile out-and-back course, with most of it on Red Creek Springs Road.

This will be the last social event of the year for the club before the holidays. Please join us, and bring something yummy to eat.

Miscellaneous

• Jessie Quintana's race-directing debut was a success as the **Hot to Trot 5K** netted \$300 for the SCR coffers. Just think if race directors got a cut of the net revenue, Jess'.

• The **Royal Gorge Challenge** may add a 5K race next year. Hopefully, they'll make the 10K a 10K instead of a 7.2-mile race, too.

• Looking ahead to December, race director Dave Diaz will outdo himself again for the **Rock Canyon Half-Marathon** on Dec. 6. While he's had simply outstanding sweatshirts year after year, Dave will give a John Elway jersey to each entrant this year.

• A record 27,000+ people ran or walked in the **Race for the Cure** in Denver earlier this month. It's a benefit for the quest to find a cure for breast cancer.

• After several years' absence, former Governor Dick Lamm ran in this year's **Governor's Cup**, a race he founded in 1975.

• By the way, I was just kidding about Dave Diaz having Elway jerseys for his race. They're actually Terrell Davis jerseys. C'mon, I'm putting you on!

For the soul ...

"Running almost always gives back to us more than we put in, injecting our lives with a sense of consistency, purpose and peace found in few other sports"

– Reg Harris

SOUTHERN COLORADO RUNNERS

Pueblo Family YMCA
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Keep strong mentally!

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.rcca.org