

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



EDITOR: Gary Franchi

# FOOTPRINTS

The choice for any millenium.

A Turkey of a November 1998 Edition

## SCR Banquet to be held Jan. 9 at the Gold Dust

While 1998 is rapidly winding to a close, we are already thinking ahead to 1999. In fact, plans are under way for the annual Awards Banquet and Dinner that has been scheduled for Saturday, January 9, at the Gold Dust Saloon Banquet Room. Karin Romero is heading up the planning committee, and banquet flyers will be included in next month's newsletter.

The banquet is a laid-back, fun event that includes a dinner, entertainment, the induction of new officers, and the presentation of awards that recognize outstanding achievement by club members during the past year. The bluegrass band *Fireweed*, which has wowed us for many years, will again provide some excellent tunes.

Over the past few years we have added a number of games for kids, so plan on bringing the little ones with you to the banquet.

The evening will begin at 5:30 p.m. with a social hour, and dinner will be ready at 6:30 p.m. There will be vegetarian and non-vegetarian choices.

Please plan now to attend this outstanding event! More next month.

**What:** SCR Awards Banquet  
**When:** Saturday, Jan. 9, 1998  
**Where:** Gold Dust Banquet Room  
**Time:** 5:30 p.m. social hour  
6:30 p.m. dinner



## The Final Challenge

Rita Vigil met every challenge – and then some – in the Pueblo Turkey 5K Fun Run that was held November 8 at City Park. Rita led all female entries, and she dueled with Nick Bunn in a sprint to the finish, with both finishing in 20:39 times. More race coverage is on Page 5.

Photo by Gary Franchi

## Spring Runoff course retained for now

The SCR has gotten approval from the Pueblo Police to conduct the next Spring Runoff in March on the same north side course used in the past. However, there's one catch. Because of all of the business growth in that area, we will be required to have a substantially larger number of course marshalls working the race.

That means we will be needing

many of you to help as volunteers for that event if you are not competing in it. When the time arrives, please remember that we need your help.

We also have been given the go-ahead for the Cinco de Mayo course that starts and finishes in the Colorado State Fairgrounds as well as for other SCR race courses that traverse city streets.





**Chewta says:**

*"Hi, gang!  
Some of you didn't list  
your birthday or those of  
your family members  
when filling out your  
1998 membership forms.  
Since we have started  
listing birthdays in this  
piece of yellow  
journalism, we ask that  
you list these birthdays  
when filling out your  
1999 membership.  
Ruff! Ruff!"*

**"Thanks!"**

The SCR's mailbox during the past month included "Thank You" notes for the club's support for the YMCA's Corporate Cup and the Leukemia Society of America.

The Y's Tammy Miller thanked the club for its volunteer help at the 5K run/walk and the 1-mile run. Laura Engleman, an SCR member and former

Team in Training marathon runner, expressed her gratitude for the club's sponsorship of an elementary school race that benefitted the Leukemia Society.

**Nice job!**

Congrats to Pueblo prepsters for their efforts in the state cross country meet. South freshman Jenna Dorsey-Spitz was 18th in the 5A race with a 19:48 5K time, and Centennial freshman Jenna Miller-Bimbi ran a 19:43 to take 8th in 4A.

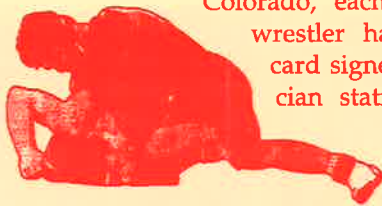
**Rocky on Fitness**

**Wrestling with unhealthy weight loss**

by Rocky Khosla, M.D.

I was asked recently by a concerned parent of a high school wrestler about minimum safe wrestling weights. So here goes:

Late fall usually signals the beginning of wrestling season, and some cruel wrestling coaches will have the kids certify for their minimum weights right after Thanksgiving. In Colorado, each high school wrestler has to have a card signed by a physician stating the minimum weight at which that athlete may wrestle.



And, believe it or not, no standardized approach has been determined for figuring out this weight.

I feel the safest approach is to determine the kid's body fat percentage and then only allow them to cut weight down to 7%. If they are already below 7% body fat, then they really should not be allowed to drop more weight. If the kid in question is above 7% body fat, then there are formulas that can be used to figure out the minimum weight allowed.

A big thing to bear in mind is that you don't want a kid to lose more than 2 pounds of weight per week. So if there are 4 weeks left before the deadline, then the maximum loss I would certify is 8 pounds, even if that means the kid will be wrestling at a bit more than 7% body fat.

If you have kids who are wrestlers or if you are a wrestler yourself, please do not allow unhealthy techniques to be used for losing weight. In my 8 years of working with high

school wrestlers, I have amassed quite a collection of stories involving the use of diuretics, cathartics, sweat suits, etc., and all of these are unhealthy and potentially deadly. The biggest irony to me is when a wrestler cuts weight using unhealthy means and achieves success in reaching his target weight only to fail in his wrestling because he is too tired or dehydrated.

Till the next time, good luck in wrestling with this tough situation.

**Next SCR Meeting**

The club's next meeting will be at 7 p.m. Tuesday, Dec. 1, at the Pueblo Family YMCA. Any SCR member may attend.



**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. 210**

"Footprints" is the newsletter produced monthly by, about and for the SCR membership. Its philosophy is to report both the unusual and the usual in an unusual way. Usually, anyway.

**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, Willie McCoy (*)	

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 lend some intelligentsia to the random discussions.

**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 \$25 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 content.

**This Thanksgiving,  
let's be thankful there  
is a Gold Dust!**



(\*) – Willie McCoy was the "bull-shootin' boy" called Slim who whipped Leroy Brown in the famous Jim Croce song.



# Great (& so-so) Stuff

by Gary Franchi



## The road is long and meandering

Thought for today's lunch, compliments of Oscar Wilde: "Always forgive your enemies; nothing annoys them as much."

**Musings on running, fitness, life, etc.:** This month, the mind wanders down a winding road:

- Daily jaunts through Pueblo's neighborhood streets were pretty ugly recently, marred by extensive **visual pollution**. I'm referring to the political signs that dotted streets everywhere prior to the Nov. 3 election. My vote for the worst site was in front of the Maple House on Fourth Street in Pueblo. Individual candidates had at least a half-dozen signs there. Pueblo West has the right idea – BAN 'EM ALL!

- Also ruining the quality of life were those jackasses standing off the sides of the roads waving hands and political signs at passing cars so we'd use the recognition factor when in the voting booth. Well, I remembered. I remembered not to vote for 'em.

- While viewing the **New York City Marathon** on ESPN2 on November 1, I got exhausted just watching the lead pack run so fast. Wonder why I didn't see Dave and Sue Crockenberg during the race?

- The **oldest runner** in the New York City Marathon was Sam Gadless, who is 91. He trains by walking as many as 40 miles a week, doing aerobics, stretching, swimming, and doing light weightlifting. Now THAT's a dude!

- Getting back to politics, did you hear that the winner of the election for **mayor of Guffey** was Monster the Cat? Cool, eh? At least he/she/it wasn't on street corners waving at passing cars, nor putting up a half-dozen signs in front of restaurants.

- I'd hate to be an **astronaut** because I'm addicted to my workouts and I'd be afraid of losing my training base while up in space. Then while listening to KOA radio in Denver on my commute to Pueblo recently, I heard that John Glenn and the rest of the crew aboard Discovery, had 7 1/2 hours of free time one day while up in space. Now just think about that for a minute. What can you do in

space to kill 7 1/2 hours? Run on the beach? Do some brick workouts? Swim some laps?

- Read this sign on a church marquee on Prairie Avenue in Pueblo: "Join the Excitement. Bible Studies 8:00." Aw, shucks! That's when I always polish my shoes.

- **Rita Vigil**, the top female finisher in the Pueblo Turkey 5K Run (picture on cover, results on Page 5), has a unique training regimen. She usually runs on the roads only once a week. It's true. Unless she runs a race, Rita normally runs on a treadmill for about an hour 6 days a week and adds a long run outside on the weekends. As you might have guessed, she's no slouch on the treadmill, even getting in speed and hill workouts. Ah, let it snow all it wants!



Rita Vigil is winning proof that treadmill training can pay off big in the world of road racing.

- In the Bell Game recently, Central High proved there actually is some merit to the overused **sports cliché** that goes something like this: "You can throw out the records when these two teams meet." Let's see, now, what if we applied this cliché to the world of running:

**Interviewer:** "What do you think of your chances for victory in this year's Boston Marathon, Moham?"

**Moham the elite runner:** "Well, mon, I theenk you con throw out run records at Bahstin Mahdathon!"

- Las Vegas may have a Riviera Hotel, but Florence, Colorado has a **Riviera Motel** that advertises on its outdoor marquee that it has FREE ICE. Gee, who can resist that?

- The **Rim Rock Run** held Nov. 14 in Grand Junction used about 200 volunteers to conduct a race that had 350 runners, including the SCR's Joe Stommel. Joe's wife, Kathy, actually was asked to volunteer when she called GJ to make lodging reservations. I mention this because we will need a gazillion volunteers, especially as course marshalls, to conduct the Spring Runoff when it is held in March. Police approval to again have the race on Pueblo's north side was based on that stipulation.

Well, comrades, until next month, have a splendid Thanksgiving. But don't forget to get in that run in the morning before feasting with the family.

## Ultimate in idiocy item of the month:

Some athletes just don't get it. You can include cyclist Jay Sweet in that category. Sweet was the gold medalist in his native Australia's Commonwealth Games. But Sweet pulled a good one in the recently held Commonwealth Bank Classic race in Sydney where police caught him holding onto a car and hitching a ride for several miles. Sweet wasa disqualified, earning him this month's *Lights Are Dim* award.



## Movie Line of the month:

"What are you doing? You can't buy bullets with food stamps."

This is a classic line in a super movie, now several years old, that was produced by Robert Redford. Redford didn't appear in this movie, but the characters who did are real in all their rawness. Guess the movie and the speaker and win the right to travel to New Mexico.

Answers below.

Answers:  
"Magro Beanfield"  
Bar tender in  
"War"



## Training to be your best

Here's a good piece of advice for you marathoners out there:

*"Rather than going into a marathon with just one goal, such as to finish in a very specific time, develop a range of goals so that you increase your chances of success and reduce the possibility of disappointment. For example, choose a time range that you can expect to fall within rather than put all your hopes on one magical number. Other goals you might set for yourself include running negative splits or even-paced miles, finishing at a certain percentile of all entrants and completing the run injury-free. The key is to select a few goals, one of which you know you can achieve. You will then go into a race confident and more relaxed, knowing that the outcome will be positive - that you are likely to achieve one or two good results."*

- Jerry Lynch, author of "The Total Runner"

# Definitely Not Great Stuff

by Matt Martin

## Here are some good Web sites to run across

*"Life is short ... running makes it seem longer."*

-- Baron Hansen

The column this month will highlight some World Wide Web sites devoted to running. The Web has more information about running than you can possibly imagine. A search for "running" produces thousands of results. So, let's get running on the Web and visit a few of those sites!

One of the more curious running web sites is CyberNude! Do not expect to see erotica when you visit this site: it strictly first class. CyberNude contains a page listing nude running events: <http://www.cybernude.com/nuderruns/>. The page boasts that "runners have found that nude running gives them a feeling of freedom and exhilaration that cannot be matched in any other way." They sound to me like a very boring bunch of people.

For those seeking running intelligentsia, there is the Peak Running Performance Interactive Running Quiz. A series of three quizzes can be found at <http://peakrun.com/quiz.html>. The purpose of the quizzes "is to reinforce key concepts about better running performance." A score of 98 or better qualifies one for the next running of the Nude Boston Marathon! I did not take the test since I swore off tests after I took the 1980 Colorado Bar Exam.

The Peak Running Performance site also has some worthwhile articles on mental training (*Note: I learned all I needed to know about running in kindergarten. Run hard and fast, or get scratched by a girl with long, sharp fingernails!*), injury prevention, cross training, nutrition, and "scientific training." The site also has a page devoted to "training tools." These tools include the Race Predictor, which "will predict your equivalent race time at all the key distances based on any recent race," and the "Heart Target," which teaches one to find "the optimal heart rate range for different types of workouts based on [one's] maximum heart rate." The "Age Equalizer" allows one to find "equivalent performances for any time, at any race distance, no matter the age or gender."

Race directors should click on

<http://www.coolrunning.com/direct1.htm>

to find handy tips on race directing. The page is owned by Cool Running. The Cool Running home page, <http://www.coolrunning.com/>, has

links to running news, on-line sports stores, a race calendar, entry forms and running club information.

One must visit the home page of 1998 *Pueblo Chieftain* Spring Runoff 10 Mile Champion Matt Carpenter, located at

<http://www.skyrunner.com>. Matt's site has a menu button that lets one easily cruise through his web site. One of the pages contains several of Matt's favorite photographs,



including one of lava on a road he ran on in Hawaii, and another one he took three-fourths of the way up 16,380-foot Mt. Kenya. Matt's main page also plays music

while the web surfer decides which page of several to visit at the site. Matt's site has one of the better link pages around, at

[http://www.skyrunner.com/links\\_f.htm](http://www.skyrunner.com/links_f.htm).

Track and Field News, which says it "has made its reputation as the definitive source for news analysis and feature coverage of U.S. and international track & field," has a site at

<http://www.trackandfieldnews.com>.

This site has lists of, among other things, the best 1998 high school athletes in track and field, a comprehensive records reference source, a list of World, American, Junior, Collegiate, Junior College and High School indoor and outdoor track and field records, and track and running camps.

The Road Runners Club of America has a site at <http://www.rrca.org>. This site contains links to clubs, publications, resources (such as an athletes log), and race calendars organized by state. Colorado is at

<http://www.rrca.org/clubs/co/calendar.html>.

The Pueblo Chieftain has a web site advertising the 1999 Pueblo Chieftain Spring Runoff. This site is located at

<http://www.chieftain.com/springrunoff/>.

This author just happens to be the co-director, along with Paulette Stuart of The Chieftain, of this race. Check it out for your entry form and other interesting tidbits.

Surf's up. Enjoy!

# Pueblo Turkey 5K Fun Run/Walk

Races held Sunday, Nov. 8, 1998  
Results extracted from results board

## Run Division Males

Runner	Age	Time
1. Shane Fanning	25	17:40
2. Rich Hadley	42	17:46
3. Aaron Lopez	14	18:38
4. Jim Robinson	47	19:36
5. Dave Diaz	50	20:07
6. Nick Bunn	38	20:39
7. Matthew Gallegos	14	20:40
8. Ben Chavez	54	20:50
9. Rocky Khosla	39	20:58
10. Robert Santoyo	36	21:21
11. Matt Sherman	26	21:30
12. Henry Hund	57	22:52
13. Matt Chavez	14	22:52
14. Brandon Alfonso	14	22:59
15. Marty Alfonso	40+	23:10
16. Jerry Lopez	47	25:30
17. William VanBuskirk	63	25:42
18. Michael Parlapiano	43	26:13
19. Matt Micci	42	26:30
20. Mike Richardson	30	33:14
21. Tom Massengill	57	38:15

## Females

Runner	Age	Time
1. Rita Vigil	31	20:39
2. Leslie Rude	32	21:22
3. Jeonne Lesniak	25	22:11
4. Misti Frey	31	23:03
5. Laura Pando Williams	35	23:56
6. Marijane Martinez	46	24:01
7. Diane Lopez	40	24:32
8. Leona Chavez	43	25:11
9. Emily O'Connor	13	25:28
10. Missy Green	15	25:44
11. Amy Diaz	17	25:45
12. Maryann Valdez-Potter	33	26:09
13. Charlotte Medina	17	26:11
14. Diane Micci	16	26:29
15. Kristen Bernard	16	27:57
16. Shannon Hobbs	14	28:02
17. Barbara Berge	40	31:08
18. Donita Massengill	28	31:40
19. Donna Tonko	30	32:48
20. Priscilla Portillos	61	37:52
21. Dorothy Massengill	56	38:15

## Walk Division

Walker	Age	Time
1. Chartelle Gallegos	7	44:38
2. Katie Mukulski	9	44:39
3. Branis Alfonso	x	44:44
4. Branda Alfonso	x	44:46



**ABOVE: At the halfway point of the Pueblo Turkey 5K Fun Run, Shane Fanning (center) and Rich Hadley were virtually even as they followed lead bicyclist Larry Rogers. Shane went on to eventually win by a mere 6 seconds.**



**AT LEFT: Missy Green, 15, had enough of a kick to hold off Amy Diaz at the finish.**

Photos by Gary Franchi

## The Facts of Life

Things you may not have realized you needed to know:

- **Cross country skiing** is the only single sport that matches triathlon for muscular balance.
- **Socks**, the Clintons' cat, was given to daughter Chelsea by her piano teacher.
- Studies suggest that regular users of **anti-inflammatory drugs** lower the long-term risk of Alzheimer's.
- A study showed that 79% of pet owners give their pets birthday presents.
- **The Running of the Bulls** is held annually in Pamplona, Spain during the San Femen Festival.
- There were 4,500 **bagel shops** in the U.S. last year compared to about 3,000 the year before.
- **Joan Benoit Samuelson** still holds the American marathon record for females at 2:21:21.

## The Woodman is an Ironman

Woody Noleen, one of our SCR members who resides in Colorado Springs, had reason to celebrate last month when he completed the Hawaii Ironman Triathlon as a lottery entry. If you're wondering, the distances are a 2<sup>1</sup>/<sub>4</sub>-mile swim, 112-mile bike and marathon run (26.2 miles). Despite winds that gusted to 40 miles per hour on the bike leg, Woody was a finisher, crossing in 11 hours, 33 minutes and 6 seconds. His splits were 1:05 for the swim, 6:20 on the bike and 4:04 for the marathon. Woody said he felt strong the entire race and was feeling so good a couple of days later that he went surfing. Is he a dude or what?!? By the way, this was the 2nd Ironman he has completed, the other being the Japan Ironman.

## Eating up the Big Apple

Puebloans' Dave and Sue Crockenberg made their trips to New York a worthwhile venture by completing the New York City Marathon, with Dave finishing in 4:25:51 and Sue in 5:57:31.

Meanwhile, Robert Pratt showed the value of cross training by finishing the St. George Marathon in Utah in 3:39 while running with his brother, who recently moved to Utah.



## Harvest notes

### Stacked deck?

Could it have been just a coincidence that hubby-and-wife Al and Maria Elana Weaver had the winning hands of their respective male and female divisions in the Harvest Handicap Poker Run held last month. Whatever, they each took home \$45 that was in the kitty of each division.

### Great turnout

An excellent turnout at the Harvest Run included plenty of non-runners. The potluck chow was exquisite, although the great turnout caused the chicken to disappear fast. So it goes.

But the keg held out, partly thanks to the pint-sized cups brought by an unnamed SCR officer.

### Thanks ...

... to the **Brewski Sisters** at the Gold Dust for providing the keg for the bonfire that followed the Harvest Run.

... and to **Jenny Sherman**, who became an unofficial and unexpected babysitter while the Harvest Run was being held.

... and to the runner who purposely overpaid \$5 Harvest entry fee as a donation to the SCR.

## Race Against Drug Abuse

Race held October 16, 1998  
Results provided by Emily Montez

**Females**  
Overall winner:  
Rachel Reynolds, 21:35

6-under division	
1. Laura Flores	48:35
2. Angela Tabares	54:32
3. Eva Solorio	60:00
4. Marlana Lopez	60:12

7-8 year olds	
1. Vanessa Gallegos	39:04
2. Amanda Martinez	48:24
3. Sonja Weber	49:36
4. Vanessa Cordova	50:39

9-10 year olds	
1. B.J. Villalobos	42:09
2. Felisha Barcelon	42:21
3. Lovesha Thomas	42:33
4. Kayla Rodriguez	49:09

11-13 year olds	
1. Crystal Carrillo	29:34
2. Christina Zaccardi	32:46
3. Sarah Carrillo	41:44
4. Natasha Rodriguez	41:52

14-15 year olds	
1. Rachel Reynolds	21:35
2. Jessie Christian	25:38

19 and over	
1. Tracy Atilano	33:57
2. Dana Weber	49:36
3. Marie Iiams	54:33

**Males**  
Overall winner:  
Rich Hadley, 17:37

6-under division	
1. Isaac Trujillo	43:28
2. Michael Blocker	57:34
3. Alex Anchado	60:17

7-8 year olds	
1. Alberto Trujillo	36:33
2. Jessie Martinez	39:40
3. Kevin Hail	40:30
4. David Baker	40:31

9-10 year olds	
1. Fernando Gallegos	22:53
2. Orlando Chism	29:35
3. Nicholas Lopez	30:53
4. Richard Trujillo	39:30

11-13 year olds	
1. Derrick Marquez	30:44
2. Edward Fresquez	36:12
3. Frankie Rodriguez	49:05
4. Harley Wolf	57:57

11-13 year olds	
1. Antonio Rodriguez	29:40

16-18 year olds	
1. Trevor Hadley	18:42
2. Ryan Riley	19:14
3. Ken Osborne	21:36
4. Zak Brown	24:06

19 and over	
1. Rich Hadley	17:37
2. Brian Montez	50:42

## Harvest Handicap Run

by Mike Orendorff

By FINISH ORDER  
Females

Group/Overall	
1	16 Jan Huie 41:25
2	17 Laura Schilf 43:28
3	18 Maria Elana Weaver 43:28
4	21 Diana Reno 45:33
5	22 Gloria Gogarty 45:34
6	23 Misty Frey 46:09
7	24 Marijane Martinez 46:10
8	25 Helen Robinson 46:10
9	27 Jesse Quintana 46:12
10	31 Jane Buczek 55:00
11	32 Mary Stack 56:38
12	33 Melinda Orendorff 61:19

Males

Group/Overall	
1	1 Rich Hadley 30:14
2	2 Michael Orendorff 33:05
3	3 Jim Robinson 34:13
4	4 Ben Valdez 34:41
5	5 Shaun Gogarty 35:08
6	6 Bill Veges 35:34
7	7 Lou Huie 35:42
8	8 Mike Borton 36:17
9	9 Matt Sherman 37:47
10	10 Nick Leyva 37:54
11	11 Al Weaver 38:13
12	12 Roy Hughes 38:13
13	13 Tom Roemer 38:14
14	14 Henry Hund 40:22
15	15 Rand Morris 41:01
16	19 Aaron Diaz 45:05
17	20 Anthony Diaz 45:05
18	26 Gary Franchi 46:10
19	28 Sean Buczek 46:38
20	29 Hector Leyba 46:39
21	30 John Holiman x

### RESULTS by AGE-EQUALIZED TIME

Members Only (because we don't know the ages of the non-member runners.)

Except we have no time for John Holiman. (Which was probably a conspiracy by younger runners to keep John's age of 72 from exposing the feebleness of the younger runners.)

Females

Group/Overall	
1	16 Jan Huie 35:39
2	27 Jesse Quintana 39:00
3	18 Maria Elana Weaver 41:55

4	24 Marijane Martinez 41:58
5	22 Gloria Gogarty 42:52
6	17 Laura Schilf 42:56
7	25 Helen Robinson 44:10
8	21 Diana Reno 44:59
9	23 Misty Frey 46:09
10	33 Melinda Orendorff 55:16

Males

Group/Overall	
1	1 Rich Hadley 28:22
2	2 Michael Orendorff 30:21
3	3 Jim Robinson 31:24
4	7 Lou Huie 31:29
5	4 Ben Valdez 33:59
6	14 Henry Hund 34:06
7	5 Shaun Gogarty 34:11
8	8 Mike Borton 34:33
9	10 Nick Leyva 35:18
10	6 Bill Veges 35:34
11	11 Al Weaver 35:36
12	9 Matt Sherman 37:47
13	15 Rand Morris 37:55
14	19 Aaron Diaz 39:51
15	26 Gary Franchi 41:23
16	29 Hector Leyba 42:28
17	20 Anthony Diaz 43:33

### By VARIANCE FROM PREDICT

For runners who entered a predicted time.

Females

Group/Overall		Variance
1	23 Misty Frey	1:09
2	24 Marijane Martinez	1:10
3	33 Melinda Orendorff	1:19
4	25 Helen Robinson	2:50
5	27 Jesse Quintana	4:12
6	22 Gloria Gogarty	8:04

Males

Group/Overall		Variance
1	1 Rich Hadley	:16
2	3 Jim Robinson	:43
3	4 Ben Valdez	:49
4	26 Gary Franchi	1:10
5	20 Anthony Diaz	1:53
6	2 Michael Orendorff	1:55
7	10 Nick Leyva	2:06
8	9 Matt Sherman	2:13
9	6 Bill Veges	2:26
10	15 Rand Morris	2:59
11	8 Mike Borton	3:43
12	14 Henry Hund	5:22
13	19 Aaron Diaz	34:55



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# 1998 Racing Calendar



## Pueblo County - Canon City area

### November

21 Sat 8:45AM 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

### November

12 Sat Turkey Trot Predict, 5K ..... Prospect Lake, Colo. Springs (719) 473-2483  
 26 Thur Turkey Trot Predict, 4M Run/Walk ... Washington Park, Denver (303) 694-2030

### December

5 Sat Jingle Bell Run, 5K ..... CC, Colorado Springs (719) 475-1075  
 5 Sat Jingle Bell Run, 5K ..... Fort Collins (719)  
 6 Sun Walnut Brewery 5K Run/Walk ..... Park Meadows, Englewood (303) 694-2030  
 12 Sat Santa's Surprize 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  
 31 Thur First Night Resolution Run/Walk, 5K .. Washington Park, Denver (303) 399-9005

### January

1 Fri Rescue Run, 5K & 10K ..... Palmer Park, Colo. Springs (719) 473-7848  
 9 Sat Winter Series I, 5K & 10K ..... Fox Run Regional Park, CS (719) 598-2953  
 23 Sat Winter Series II, 4M & 8M ..... Fort Carson Fitness Trails (719) 598-2953

### February

13 Sat Winter Series III, 5M & 10M ..... Santa Fe Trail (719) 598-2953  
 17 Sat Winter Series IV 10K & 20K ..... Black Forest (719) 598-2953

## Regional Marathons (& others of interest)

November 28 Seattle, WA ..... (206) 729-3660  
 December 6 Tucson, AZ ..... (520) 320-0667  
 6 California – Sacramento ..... (916) 983-4622  
 13 Honolulu ..... (808) 734-7200  
 20 Christmas Marathon – Olymica, WA ..... (360) 456-0554  
 January 10 Walt Disney World (& Half) – Florida..... (407) 939-7810  
 17 Houston ..... (713) 957-3453  
 17 San Diego ..... (888) 792-2900  
 30 Mardi Gras – New Orleans, LA ..... (504) 482-6682  
 February 7 Las Vegas International – & Half ..... (702) 240-2722  
 14 Motorola Austin – Texas..... (512) 505-8304  
 14 Desert Classic (& Half) – Phoenix ..... (602) 954-8341  
 27 Cowtown – Fort Worth, TX (& Half) ..... (817) 735-2033  
 March 7 MEDCOM – Santa Antonio, TX ..... (210) 221-3185  
 14 Los Angeles ..... (314) 444-5544  
 27 Great Southwest – Abilene, TX ..... (915) 677-8144  
 April 10 Mule Mountain (& Half) – Arizona ..... (520) 533-3246  
 11 San Joaquin Valley – Fresno, CA ..... (209) 441-1444  
 19 Boston, MA ..... www.bostonmarathon.org  
 25 Big Sur – Big Sur -Carmel, CA ..... (408) 625-6226  
 May 1 Great Potato (& Half) – Boise, ID ..... (208) 344-5501



## A little off-beat state event

Wanna try something a little different? Here's your chance:

The **Off-Track, Off-Beat 10K Showshoe Race** will be held at 10 a.m. Saturday, December 12, in the high altitude of Leadville.

Why do I mention this event in this newsletter? Well, mostly because I felt like it. But also because this event is being held in conjunction with the **RRCA State Meeting** that is scheduled on the same day at 3 p.m.

Because we are a member of the RRCA, any SCR member can attend the state meeting, and our club is given 1 free entry into the snowshoe race.

Race entrants also get a free pass to the Lake County Recreation Center (sauna, pool, hot tub, showers) and are invited to the Leadville Running & Fine Dining Club's potluck dinner at 6 p.m. That organization is conducting this event.

I'm told a cabin for 16 also will be available. For info., call State Rep **Lisa Paige** at (719) 972-1619 or e-mail her at [runlpaige@juno.com](mailto:runlpaige@juno.com) by Dec. 4.



Everyone gets their out-of-town race results 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](mailto:franchi@pcc.ccoes.edu)



## Stats that rule

- Some 32.5 million people in the U.S. walked for fitness last year, up 40% from a decade ago. – *American Sports Data*
- You'd have to do 14,000 situps to lose 1 pound of fat. – *"Men's Health" magazine*
- Retail sales of androstenedrine, a supplement, have risen 300% since Mark McGwire said he used it. – *Sports Illustrated*
- 89.8% of walkers indicated they would rather do 14,000 situps than be forced to read copies of "Footprints." – *Pollsters Unlimited*

# Tie your laces for races at these places

by the Editor

## Atlanta 5K

OK, ladies, get one thing straight right now – the Atlanta 5K Run/Walk WON'T be held in Georgia, although that probably would be a nice place to visit. This one is the At-A-lanta 5K, NOT Atlanta 5K. It actually will take place in Pueblo's City Park, by the Pavilion. This is a change from past years when it took place in the building across the park by the short-9 golf course. Were SCR member Judy Tucker in town and not tap-dancing in Las Vegas, she would tell the mythological story of Atlanta one more time.

Anyway, the starting time for the race is 8:45 a.m. for the walkers and 9 a.m. for the runners. There will be ultra-cool awards hand-made by Kathie Arwood.

## Rock Canyon Half-Marathon

Another big throng is expected for this Sunday, Dec. 6, race that's also based at City Park and is having its 12th anniversary. Remember, the race reverts back to its usual 9 a.m. starting time this year because the Broncos don't play until the afternoon. Another great new logo is planned for the

long-sleeved race sweatshirts (no, NOT John Elway or Terrell Davis jerseys), that bear no advertisements. This is a great scenic race course. For information, call Dave Diaz at 564-9303.

## The Excellent Adventure

We've got an offer that's difficult to resist. The Excellent Adventure will take place on Sunday, December 13, beginning at 9 a.m. at the home of Marijane and Nick at 117 Regency on Pueblo's south side.

This is a Handicap Series (predict) race and a potluck brunch, meaning it will be a hootenany of a social event. Not only that, but since the Broncos play at 11 a.m., those who are interested can stay and watch the Broncos while seated next to a bunch of sweaty bodies that have run the 8-mile out-and-back course. What a treat! If you plan to attend, remember to bring some kind of yummy breakfast food item that can be shared with the group.

Need information? Call 564-6043.

Plan now to join a gaggle of SCR members at the **Rescue Run** in Colorado Springs on January 1. There is both a 5K and a 10K race.

*For the soul ...*

**"Heroism means being great in what every human can be great in – simply doing the best we can."**

– Danish philosopher Kierkegaard

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

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**Keep the kick-back reads coming!**

Issues of "Footprints" are not forwarded. Hence, if you move, please get your new address to the SCR Membership Chair in care of the YMCA at the address listed above left.



»»»»» The address for the Road Runners Club of America is: 1150 S. Washington St., Suite 250, Alexandria, VA 22314-4993  
 The RRCA's Home Page on the World Wide Web is: [www.rrca.org](http://www.rrca.org)