



EDITOR: Gary Franchi

# FOOTPRINTS

The choice for any millenium.

A special gift of a December 1998 Edition

## Spring Runoff races scheduled

Preparations for the 1999 Spring Runoff are well under way and the date for the races has been scheduled for Sunday, March 7. Here are some up-to-date notes on the Runoff:

- The Runoff will again include 5K, 10K and 10-mile races.
- All three courses on the north side of Pueblo have been retained, with the Side Pocket again the race-day headquarters.
- All three courses will be sanctioned and certified.
- Runners will be able to enter two races and receive a 50% discount on the 2nd race but only one T-shirt.
- The Runoff committee is working to secure a "host hotel" for the Runoff to give out-of-town runners a discount for staying in Pueblo the night before the races.
- There's been talk of having special awards to the top male and female age-handicapped SCR runners, which certainly would add a new dimension to the event.
- Runners will NOT be able to change races in the middle of a race. For instance, a runner registered to run the 10-mile race will NOT be able to switch to the 10K, or vice-versa, while the race is ongoing.
- Matt Martin is the Race Director for the Runoff once again.
- Club member Andy Ballou will compile the race results again.

See Runoff on Page 2



## Follow the Leader

Moments after the start of the race, Steve Cathcart had already taken the lead en route to winning the annual Rock Canyon Half-Marathon. Results and photos are on Page 3.

Photo by Gary Franchi

## SCR Banquet set for Jan. 9

The festive wrapup to another fine year for the Southern Colorado Runners will occur Saturday, January 9, 1999 when the annual Southern Colorado Runners Awards Banquet is held in the Gold Dust Saloon Banquet Room. The evening will begin at 5:30 p.m. with a social hour to the accompaniment of the **Fireweed** bluegrass band. Dinner is at 6:30 and will be followed by entertainment, games, and the presentation of our 1999 officers. Voting for the major award winners will take place during the evening. Much more info. is provided on the flyer that is included with this newsletter.

**Join us! It will be an evening to remember!**





**Chewta says:**

“Hope all of you have enjoyed the past year of running in southern Colorado and reading this newsletter. May you all have a happy holiday season. When buying gifts, remember that I like beef treats. See you all at the SCR Awards Banquet on Saturday, January 9. Ruff! Ruff!”

**Next club meeting**

The next SCR meeting will be held at 7 p.m. Tuesday, January 6, at the Pueblo Family YMCA in downtown Pueblo. Any SCR member may attend club meetings and take part in discussions as well as vote on all issues.



**Thought so**

“In the last 10 years, we have come to realize that humans are more like worms than we ever imagined.”

– Dr. Bruce Alberts, President of the National Academy of Sciences



**Rocky on Fitness**



*Here's how to beat the nasty weather*

by Rocky Khosla, M.D.

Since winter is almost upon us, I thought that it would be useful to write a column about ways to keep moving on down the road even when the weather gets downright nasty.

First of all, as the weather gets cooler, you will want to make sure that you are appropriately dressed for it, which means that I wouldn't be caught dead in white running shoes till after Easter (sorry, I just couldn't help it!). But seriously, folks, think about wearing the newer fabrics that allow you to sweat and yet don't trap the moisture. Also, wearing hats and mittens can really conserve lots of body heat.

Secondly, think about ordering ice-joggers, which are slip-on do-dads that fit over your running shoes and have tiny little carbide spikes that will give you traction on icy surfaces. I bought mine through Road Runner Sports for about \$25 and have already used them with good results.

Lastly, what do you do if it snows enough to really cover up the road and you really

don't want to go cross country skiing, but you really want to get some outdoor aerobic exercise? Get into snow-shoeing! I had not done any significant amount of this till last year, figuring that snow shoes were really made more for Eskimos and Mounties for trudging through Arctic climates than for runners or joggers. But that is not so. I have had a chance to use my Falcon brand of snow shoes to run up Old Monarch Pass, and they are just a kick in the pants! I noticed that the outside of my thighs were a little more tired after snow-shoeing than after running, and this is because you have to keep your feet further apart because snow shoes force you into a wider gait than when you are running.

So till the next time, Happy Holidays and Seasons Greetings, everyone!

**Runoff**

*Continued from Page 1*

- Look for some outstanding new awards for the upcoming Runoff.
- If you ran last year's Runoff, look in your mailbox in January for a 1999 race registration brochure because they will be sent to all '98 entrants.
- There will not be a training series prior to the Runoff as in some past years, but the planning committee is looking into having a club handicap race — and possibly a potluck brunch — somewhere along the 10K course two weeks prior to the Runoff.

**Ho! Ha! He!**

**Merry Christmas**

**GOLD DUST SALOON**  
M<sup>•</sup>RID INC.

(\*) – Trevanion is the literary name of an anonymous best-selling novelist who lives somewhere overseas.

**Southern Colorado Runners**

*A member of the Road Runners Club of America*

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**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. 211**

“Footprints” is the newsletter produced monthly by, about and for the SCR membership. It is usually successful in accomplishing in its goal of offending while reporting and entertaining.

**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, Trevanion (*)	

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 work out in the weight room while the meeting is conducted.

**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 IQ-challenged content.

# Rock Canyon Half-Marathon

Race held Sunday, December 6, 1998.  
Results provided by Dave and Stacey Diaz

Runner	City	Age	Sex	Time
1 Steve Cathcart	Ft. Collins	33	M	1:17:34
2 Kates, Brian	C/S	27	M	1:19:40
3 Buri, Jeremy	Simla	24	M	1:19:59
4 Scafe, Randy	C/S	45	M	1:23:17
5 Kelecy, Tom	Monument	43	M	1:24:34
6 Koch, Mark	Pueblo	39	M	1:24:51
7 Hadley, Rich	Florence	42	M	1:25:25
8 Koch, Paul	C/S	30	M	1:25:34
9 Nieburg, Stu	C/S	50	M	1:25:37
10 Ricks, Justin	C/S	18	M	1:26:14
11 Victoria, John	C/S	44	M	1:26:54
12 Vigil, Timothy	Pueblo	34	M	1:27:14
13 Taylor, Neal	Monument	36	M	1:27:41
14 Roth, Barry	C/S	51	M	1:28:08
15 Brockie, Mark	C/S	42	M	1:28:50
16 Window, Glenn	C/S	49	M	1:29:17
17 Creamer, Fred	Security	37	M	1:29:52
18 Robinson, James	Pueblo	47	M	1:31:04
19 Mcgowan, Matt	Boulder	30	M	1:33:27
20 Moha, John	C/S	54	M	1:33:54
21 Leyba, Hector	Penrose	48	M	1:34:31
22 Valdez, Ben	Pueblo	38	M	1:34:36
23 Jones, David	Monument	49	M	1:34:49
24 Dean, Phyllis	C/S	35	F1	1:35:40
25 Rickman, Mark	Pueblo	37	M	1:35:53
26 Donaldson, Kevin	Monument	34	M	1:36:12
27 Stapleton, Marilyn	Greeley	52	F2	1:36:32
28 Veges, Bill	Pueblo	41	M	1:37:18
29 Cunnington, Mike	?	35	M	1:38:23
30 Huie, Lou	C/S	52	M	1:38:57
31 Santoyo, Robert	Pueblo	36	M	1:39:54
32 Bunn, Nicholas	C/S	38	M	1:39:55
33 Forander, John	C/S	16	M	1:40:35
34 Reno, Kyle	Pueblo	16	M	1:40:35
35 Unknown	Pueblo	41	M	1:41:06
36 McClure, Sam	CC	36	M	1:41:11
37 Taylor, Theresa	Monument	38	F	1:41:16
38 Sherman, Matt	Pueblo	26	M	1:41:22
39 Kruse, Jim	Ft Collins	49	M	1:41:39
40 Ebersohl, Bill	C/S	45	M	1:42:19
41 Burt, Amanda	Simla	24	F	1:42:29
42 Walls, Steve	C/S	42	M	1:42:44
43 Hughs, Roy	Canon City	46	M	1:42:17
44 Durkee, Thomas	C/S	22	M	1:43:50
45 Bomar, Matt	?	16	M	1:43:42
46 Wright, Chad	C/S	48	M	1:43:43
47 Warne, PJ	C/S	47	M	1:43:53

48 Janey, Jack	C/S	46	M	1:44:25
49 Cruz, Gilbert	Pueblo	55	M	1:45:19
50 Southard, Theresa	?	30	F	1:45:23
51 Schilf, Laura	Canon City	36	F	1:45:28
52 Bradley, Marv	Canon City	59	M	1:45:29
53 Farley, Steve	Pueblo	48	M	1:46:34
54 Stewart, Tracy	C/S	19	F	1:46:49
55 Stommel, Joe	Pueblo	49	M	1:47:00
56 Monahan, Rebecca	Ft Collins	26	F	1:47:18
57 Janice, Usbb	?	44	F	1:47:19
58 Palozzi, Tiffany	Boulder	25	F	1:47:43
59 Ebersol, Jeannie	C/S	49	F	1:47:56
60 Escwitz, Dave	C/S	15	M	1:47:58
61 Creamer, Liz	Security	31	F	1:48:12
62 Lindell, Carol	C/S	50	F	1:48:26
63 Schultz, Tim	Usaf	32	M	1:49:11
64 Laufer, Drew	Breckenridge	27	M	1:49:21
65 Humphrey, Dave	Denver	51	M	1:49:37
66 Ulsh, John	Florence	49	M	1:49:45
67 Borton, Mike	Pueblo	43	M	1:49:51
68 Tennant, Liz	Conifer	34	F	1:49:51
69 Higgins, Jennifer	Denver	22	F	1:50:11
70 Miller, Jeff	Pueblo	41	M	1:51:36
71 Jennings, Steve	C/S	44	M	1:52:29
72 Allen, Jackie	Canon City	30	F	1:52:39
73 Eller, Mary	Ft Collins	21	F	1:52:59
74 Whitney, Bob	C/S	48	M	1:59:09
75 Shen, Shannon	C/S	52	M	1:53:31
76 Hund, Henry	Pueblo	57	M	1:53:32
77 Cox, Bill	C/S	41	M	1:54:09
78 Flores, Carla	Pueblo	40	F	1:54:14
79 Martinez, Marijane	Pueblo	46	F	1:54:17
80 Stacey, Diaz	Pueblo	38	F	1:54:20
81 Bryan, Sean	C/S	39	M	1:56:02
82 Kinzy, Carol	Pueblo	50	F	1:56:13
83 Lopez, Diane	Pueblo	40	F	1:56:35
84 Gruda, Conrad	C/S	42	M	1:56:47
85 Archuleta, Deb	C/S	36	F	1:56:51
86 Morris, Rand	Pueblo	47	M	1:57:03
87 Glenfield, William	C/S	36	M	1:57:04
88 Baird, Joe	Denver	52	M	1:58:25
89 Williams, Vicki	C/S	29	F	1:58:26
90 Baron, Kay	?	37	F	1:59:33
91 Shepperd, Bev	Creede	48	F	1:59:47
92 Gonzales, Denise	Pueblo	18	F	1:59:58
93 Velenchenko, Dennis	Denver	52	M	2:00:35
94 Kurtz, Kelly	Pueblo West	32	F	2:00:40
95 Lundin, Less	C/S	49	M	2:00:45
96 Cleaver, Jeff	Pueblo	48	M	2:02:22
97 Smith, Leroy	C/S	49	M	2:02:42



**Queen for a Day**  
Phyllis Dean took the lead early and was all by her lonesome at the finish in the women's division of the Rock Canyon Half-Marathon with her time of 1:35:40. Phyllis, who is from Colorado Springs, was the 24th overall finisher in the race. She completed the race almost two minutes ahead of the 2nd female finisher.

Continued on Page 6

## Pueblo Masters Swim Club

Ages 18-80+

Learn Technique and Swimming Skills.  
Not just a workout.

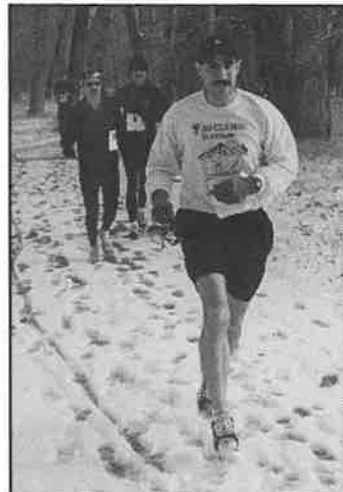
Be encouraged by other swimmers.  
Be ready for new adventures.



### Contacts:

Susanne Divelbiss, Coach, 647-0241  
Mike Orendorff, Student, 561-2956

Or visit us at USC or County High.  
Call 647-0241 for times and days.



Ben Valdez (left) and Mark Koch (right) led small packs of runners on the River Trail about 3 miles into the race.

Photos by Gary Franchi

# Outtakes from a 1



# 998 to remember



# Atlanta 5K Run/Walk



## Rim Rock Run

On the Internet I learned that a few Pueblo County and Fremont County runners recently ran the infamous Rim Rock Run, a 37K awesomely scenic jaunt in the Grand Junction area.

Female finishers were Laura Schilf of Cañon City in 3:18:29, Susan Gebhart of Penrose in 3:33:39, and Jackie Allen of Cañon in 3:33:48.

Male finishers were Mark Rickman of Pueblo in 3:07:06 and Joe Stommel of Pueblo in 3:30:49.

## Jean was Hot to Trot, too

Regrets are extended to Jean Halfpop, who was inadvertently left out of the Hot to Trot 5K results a couple of issues back. Not only did Jean run the race, but she finished first in the women's 50-over division with her 31:24 time.

## Thought for the holidays

Want to enjoy the holidays without gaining weight? Weight Watchers advises to never go to a holiday party hungry and to rehearse your resistance to temptation before a party.

Races held November 21, 1998.  
Results extracted from the results board.

### Run Division

Runner	Age	Time
1. Sandie Hubbard	31	19:41
2. Rita Vigil	31	20:24
3. Jeanne Lesniak	25	21:33
4. Misti Frey	31	22:18
5. Karin Kyte Romero	33	22:23
6. Jackie Allen	30	22:59
7. Stacey Diaz	38	23:04
8. Jessica Gogarty	16	23:08
9. Connie Arnsbrok	58	23:29
10. Marijane Martinez	46	23:45
11. Carla Flores	39	24:05
12. Diane Lopez	40	24:12
13. Gloria Gogarty	42	24:23
14. Diana Reno	36	25:51
15. Trisha Ferguson	47	25:52
16. Beatrice Grebence	44	27:01
17. Donna Musgrove	50	27:10
18. Susan Conner	45	27:38
19. Donna Nicholas-Griesel	52	28:04
20. Theresa McCain	48	28:31
21. Linda Carroll	38	29:18
22. Arleen Feiccabrino	49	29:23
23. Kathy Stommel	41	29:39
24. Connie Gravelle	51	31:35
25. Deborah Conroe	44	32:19
26. Cheryl McCoy	54	33:42
27. Sarah Koch	11	35:51
28. Ann Coney	33	36:25
29. Tiffany Reno	13	38:52
30. Vicki Young	12	38:53

### Walk Division

Walker	Age	Time
1. Kristen Inman	29	35:25
2. Rosalia Munch	57	37:14
3. Ida Mae Martin	60	39:01
4. Lois Pfost	56	40:29
5. Kathleen Gorman	32	40:37
6. Patricia Rafferty	54	42:43
7. Lydia Vallejos	41	44:18



Sandie Hubbard (above) was alone while taking first. At left, Tiffany Reno outprints Vicki Young to the finish line.

Photos by Gary Franchi



First-place walker Kristen Inman arrives at the finish just ahead of Rita Vigil, who was 2nd overall in the run.

## Rock Canyon Half-Marathon results

Continued from Page 3

98 Satterwhite, Robin	C/S	47	F	2:02:43	114 Darden, Mary	Lafayette	33	F	2:10:34
99 Ferrer, Don	Wheatridge	49	M	2:02:44	115 Sorenson, David	C/S	44	M	2:10:47
100 Mighell, Ed	Denver	68	M	2:02:18	116 Puls, Ted	Pueblo	39	M	2:17:40
101 Draper, Diane	Monument	41	F	2:03:32	117 Puls, Gerald	Pueblo	72	M	2:17:41
102 Vohs, Nancy	Littleton	40	F	2:03:40	118 McCall, Shawna	Ft Collins	26	F	2:17:50
103 Hulstrom, Amy	Littleton	31	F	2:03:43	119 Nicholas-Griesel, Donna	Coaldale	52	F	2:18:42
104 Zehringer-w, Mary	C/S	35	F	2:04:42	120 Bingham, Denise	?	42	F	2:21:21
105 Haverfield, Deb	Monte Vista	39	F	2:05:08	121 Smith, Lorges	Salida	45	F	2:21:58
106 Whitney, Wayne	Pueblo West	59	M	2:05:19	122 King, Bob	Pueblo	61	M	2:22:41
107 Osban, Cathy	?	30	F	2:06:35	123 Reno, Diana	Pueblo	36	F	2:22:51
108 Wambsganss, Mandy	Pueblo	23	F	2:07:02	124 Cerf, Erica	Ft Colling	21	F	2:23:46
109 Nickel, Stephanie	Aurora	35	F	2:09:28	125 Gonzales, M	Pueblo	41	M	2:31:25
110 Green, George	Golden	53	M	2:09:36	126 McCoy, Cheryl	Salida	54	F	2:36:50
111 Holiman, John	Pueblo	71	M	2:09:50	127 Pugh, Deb	Pueblo	50	F	2:38:22
112 Batting, Bruce	Rye	61	M	2:10:10	128 Pugh, Mike	Pueblo	50	M	2:38:22
113 Zane, Meredith	C/S	47	F	2:10:34	129 Frohring, Wayne	Woodland Pk	53	M	2:42:35
					130 Arteaga, Louis	Pueblo	49	M	2:50:08

# 1998 Racing Calendar



## Pueblo County - Canon City area

### January

30 Sat 10:00AM Frostbite Five & Dime, 5K & 10K..... City Park (719) 5635151

### February

14 Sun 9:00AM Valentine's Twosome, 1.6M each partner .... City Park (719) 947-3682

### March

7 Sun 9:30AM Spring Runoff, 5K, 10K & 10M ..... Side Pocket (719) 542-5350

## Other areas

### December

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

1 Fri New Year's Day 5K Run/Walk ..... Englewood (303) 694-2030

9 Sat Winter Series I, 5K & 10K ..... Fox Run Regional Park, CS (719) 598-2953

9 Sat Jack Newman 5K, ..... Arvada (303) 940-0758

14 Th Independence Plaza Stair Climb ..... 16th Street Mall, Denver (303) 694-2030

16 Sat Run for the Dream 5K, Run/Walk City Park, Denver (303) 694-2030

23 Sat Winter Series II, 4M & 8M ..... Fort Carson Fitness Trails (719) 598-2953

31 Sun Super Bowl 5K, Run/Walk ..... Washington Park, Denver (303) 694-2030

### February

13 Sat Winter Series III, 5M & 10M ..... Santa Fe Trail (719) 598-2953

14 Sun Valentine's Day 5K, Run/Walk ..... City Park, Denver (303) 694-2030

21 Sun Washington's B-Day 5K, Run/Walk ... Washington Park, Denver (303) 694-2030

27 Sat Winter Series IV 10K & 20K ..... Black Forest (719) 598-2953

28 Sun That Dam Race, 5M Run/Walk ..... Englewood (303) 694-2030

## Regional Marathons (& others of interest)

December 20 Christmas Marathon – Olymca, 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

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

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 ..... (508) 435-6905

25 Big Sur – Big Sur -Carmel, CA ..... (408) 625-6226

May 1 Great Potato (& Half) – Boise, ID ..... (208) 344-5501

1 Whiskey Row (& Half, 10K & 2M) ..... (520) 445-7221

2 Avenue of the Giants (& 10K) – Bayside, CA (707) 443-1226

23 Coeur D'Alene (& Half) – Idaho ..... (208) 665-9393

29 Andy Payne Bunion – Oklahoma City, OK ... (405) 236-2800



## Don't call us – we'll call you

In all the marathon schedules I've seen, I noticed that the listings of the Boston Marathon never include a phone number to call for more information. All of them listed a web site instead. However, a check of the web site revealed that, sure enough, you cannot reach any Boston Marathon officials by phone because no phone number is listed on the web site either. Ah, but your beloved editor was able to acquire a Boston Marathon entry form that included a number to call for a set of Boston Marathon race rules. Since the number is the office of the Boston Athletic Association, which organizes the race, I guess that number can be called for information. It's (508) 435-6905.

## Chicken feed

In case you were wondering, the Boston Marathon entry fee is \$75 for residents of the U.S. and Canada and \$100 for others.





# Let's kick off 1999 in the Rescue Run

by the Editor

## Start the new year right

If you want to get 1999 off on the right foot, you'll probably be thinking about getting in a good run. How about a good race? You'll have the opportunity on Friday, January 1, when the annual **Rescue Run** is held in Colorado Springs. The site is Palmer Park off Academy Boulevard. There are 5K and 10K divisions. What's especially nice is the 10 a.m. starting time, meaning you can engage in celebration somewhat on New Year's Eve and still rise and shine in time.

I mention this Springs race because the SCR usually has a big contingent at this event, which makes for a fun time afterward during the awards ceremony (where, in the past, a zillion prizes have been given through drawings). Heck, it's worth it to stick around just to listen to Roger Allison's announcing banter. Later, many club members adjourn to a nearby Springs food spot for additional revelry. Be there!

## Frostbite Five & Dime

Twenty-nine days after the Rescue Run - at 10 a.m. on Saturday, January 30 - you can test yourself to see if you've improved your

speed any since the Rescue Run by racing in the **Frostbite Five & Dime** in Pueblo. This event has grown in popularity the past couple of years since the original 5-mile distance was changed to a 5K and a 10K and the course changed to loop versions starting and finishing in City Park with much of the courses on the River Trail.

**KEY NOTE:** Race Director Ben Valdez is again having outstanding mock turtles for all entrants. Shazam!

## Valentine's Twosome

This race will be held on the special day it represents - Valentine's Day, Feb. 14 - which this year is on a Sunday. The SCR wanted to have it on Saturday to allow church-goers to race, but it didn't want to go up against the Winter Series race in the Springs.

The 9 a.m. race will take on a bit more of a Valentine's flavor this year, but I'm keeping it a secret as to how this will be done.

The **Twosome** is a unique partners race in which each of the 2 partners on a team runs one loop (1.6 miles) around City Park. Dress crazy! Bring a wild baton for the transition switch! Win prizes! There is a Lonely Hearts division for persons who don't have a partner, and they can run both loops.

## Stats that rule

- In 1997, 1/4th of Americans aged 55 and over qualified as frequent exercisers, up 17% in a decade. - *Fitness Products Council.*
- A handful of potato chips has as much fat as 20 ounces of pretzels. - *1997 Illustrated Calendar of Fat*
- 2 out of 5 doctors are unsatisfied with their weight. - *Men's Health magazine*
- 93.2% of SCR members said their doctors advised them to load up on chips and be obese rather than read "Footprints." - *Pollsters Unlimited*

*For the soul ...*

**"I run every morning, to begin each day. It is as important as eating and sleeping."** - *Harry Cadelago, school teacher*

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

Non-Profit  
 Organization  
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 Permit #260



**Keep each month's reading sweet!**

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)