



EDITOR: Gary Franchi

# FOOTPRINTS

The choice for any millenium.

A March 1999 Edition full of St. Patty cheer

## All ages, ability levels turn out for Spring Runoff

by Matt Martin

*Finish each day and be done with it. You have done what you could. Some blunders and absurdities no doubt crept in; forget them as soon as you can. Tomorrow is a new day; begin it well and serenely and with too high a spirit to be encumbered with your old nonsense.*

— Ralph Waldo Emerson

The 21st annual *Pueblo Chieftain* Spring Runoff is in the books. So is my second-ever attempt at directing a race, with the 20th annual Runoff having been my first attempt. This year's race went much smoother for me than last year's version. Many people told me after the 1998 Runoff that it went real smooth and that I did a good job. However, I felt unprepared and unknowledgeable about how to stage such an event. The race preparation last year was really a team event, with the Race Committee gently suggesting to me the manner in which the race should be prepared and staged. Our preparation for the 1999 Runoff was, again, a team event. The difference this year is that I actually knew what needed to be done and when it should be done by. With a year of experience under my belt, my self-confidence was much higher as well.

Again, the Runoff could not have been put on without the help of all members of the Spring Runoff Race Committee. The Committee this year was comprised of Rich Hadley, Deb Hadley, Nick Leyva, Marijane Martinez, Dave Diaz, Ben Valdez, Gary Franchi, Joe Stommel, Kathy Stommel, Michael Orendorff, Melinda

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The Spring Runoff drew toddlers to senior citizens. Above, kids sprint to the finish in the Toddlers Race. Below left are Anthony Diaz and his son, Aaron. Anthony ran the 10K while Aaron did the 5K. Below right is 75-year-old Gerald Puls, who completed the 10-mile race.

Photos by Gary Franchi





**Chewta says:**

*"On Page 8 is a list of 1998 SCR members who have not yet renewed their memberships for 1999. C'mon, gang, let's get with the program and get those renewals in. For your convenience, an SCR membership form is included with this issue. For those who do NOT renew, this will be the last issue you receive. Rough! Rough!"*

**Training to do your best**

Tapering is important for shorter races as well as for longer distances like the marathon or the half-marathon. One study found that 5K runners improved their race performances by 2.8% when they cut their training volume by 85% and did 40-meter intervals at 5K race pace during the seven days before the event. A good rule of thumb is to taper one day for each two kilometers of the race.

*– "Road Racing for Serious Runners"*

**Next SCR meeting**

No foolin', the club's next meeting will be at 7 p.m. Tuesday, April 1, at the Pueblo YMCA in downtown Pueblo. Any SCR member may attend.

**Spring Runoff**

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Badgley-Orendorff and Lois Pfof.

We did several things to improve this year's race over last year's race. For instance, the USATF granted certification for the 5K and 10K courses. We had better communication with the Pueblo Police Department. Ben Valdez and I met a couple of weeks before the race with Pueblo Police Captain George Rivera to go over the course map to see where we needed course marshals. We had more course marshals. The City told us after the 1998 Runoff that we would not be able to use the course unless we had more course marshals. We accomplished this goal with the usual volunteers from the SCR, *The Pueblo Chieftain* and YMCA. But what put us over the hump for course marshals was the large volunteer contingent of parents, coaches and athletes of the South High School track team.



**Spring Runoff Race Director Matt Martin**

Another improvement was the use of a bullhorn for pre-race announcements. We also had walkie-talkies to maintain communications between race officials. The walkie-talkies also allowed us to have a course spotter near the finish line to let the finish-line announcers know who was coming up to the finish. We had large course maps posted near the registration area and signs for the registration area and the volunteer area. We had free massages provided by the Colorado Springs Massage Therapy Institute.


We also asked, and received, permission from Tom Evans of The Side Pocket to keep the facility smoke-free until the awards were done. I believe this fact alone is responsible for the increased number of attendees at the awards ceremonies, although the number of finishers in this year's race was down from last year's race. However, try as we might, the Side Pocket was not entirely smoke-free, as my wife said I smelled like cigarette smoke when I

came home. However, the situation was nearly one hundred percent improved over last year.

A few things did go wrong. First, we ran out of bib numbers for the 5K and had to use 10K numbers for some 5K runners. Apparently, this caused a slight problem for our results guy, Andy Ballou, and his assistant, Mary Lou Henson, in compiling results. I am not sure what the problem was, but it was computer-related and apparently had the potential of causing Y2K to become reality on March 7, 1999. Also, one of our water-station teams failed to appear. Paul Barela, however, and his friend saved the day by volunteering to take that spot.

Another blunder occurred when I decided to test the starting gun, at the starting line, just before the 5K start. The runners who were at the starting line knew it was a test, but those walking from the registration area to the start did not, and they began racing to get to the starting

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**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. 212**

"Footprints" is the newsletter produced monthly by, about and for the SCR membership. Poor suckers! It is full full of information that cats and dogs would find useful, especially when they're being trained.

**Current SCR Officers**

President	Rich Hadley	784-6514
Vice President	Matt Sherman	564-3170
Secretary	Jessie Quintana	564-2350
Treasurer	Dave Diaz	564-9303

**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, Bobby Boucher (*)	

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, preferably with enough No-Doz for everyone present.

**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 that don't have class.

**In April, all fools will meet at the Gold Dust.**



(\*) – Bobby Boucher is the character name for the quarterback in the movie "Waterboy" that starred Adam Sandler.



# Great (& so-so) Stuff

by Gary Franchi



## It's time to start getting more Z's

Thought for today's lunch, compliments of George Bernard Shaw: "We learn from experience that men never learn anything from experience."

**Musings on running, fitness, life, etc.:** So many things in this life make me wonder. Sometimes bemusedly. Sometimes not. For instance, for the life of me I've never been able to understand why TV networks can't figure how to keep the picture when covering the leaders in a marathon. It's getting better, but there are always blankouts. Reminds me of what happens to my rational thinking when I get tired during a race. Maybe the TV cameras – or the persons operating them – get fatigued, too.

They're probably not getting enough sleep. Makes sense, doesn't it? I mean, who gets enough sleep other than hibernating bears? According to a survey report I was reading, Americans are getting a lot less sleep than past generations. It said we sleep an average of 90 minutes a night less than our ancestors did a century ago, that we exist on about 6 hours and 57 minutes. Hence, during the week, when most of us work and can't take naps, we're always tired. I'm getting tired just thinking about it. No doubt you've gone to take a nap by now. Can't blame you. If I weren't writing this, I would, too. Especially if I were reading this column.

Anyway, I think the real problem is that there's too much of just about everything! Too much to do at work. Too many workouts to squeeze in in hopes of staying fit. Too much ESPN Sports News on the satellite to watch. Too much drivel to read in your running club newsletter. Then the merry-go-round starts all over again the next morning. And get this – the National Sleep Foundation says many of us rise earlier than we need to simply because that is about the only relaxation time we have. Now let me get this straight – we supposedly give up valuable sleep time so that we can wake up tired and have some relaxation time. Yeah, OK.

Unfortunately, a key element in surviving the stress of increased training is getting enough rest. I was reading a formula in a recent issue of *Foot-Notes*, published by the Road Runners Club of America. It said **Training = your workouts + rest**. So true, yet many of us don't heed this rule.

Well, let the record show that I've done my part to help you. By making this column and newsletter available each month, I'm eliminating your need for taking Somnifex at night and helping you to attain sleepdom. Keep it next to your bed and you will never again have trouble falling

to sleep. You owe me big time.  
You're welcome.

**This month's smorgasbord:** A few other things have made me wonder recently, too. For instance, the October issue of *Runner's World* had a big story on nutrition bars. In reading this, I learned that **Power Bar** has a **web site**. Now just think about that. Why would you ever want to access the Power Bar web site? Methinks that could be the first thing to eliminate in your quest to get more sleep ... The current issue of *Rocky Mountain Sports* has a section dedicated to bicycling. There are articles, list of bicycling events, etc. I also noticed that section contains a half-page ad about a **bicycle courier service** available in Denver. I'm still trying to figure out why people who are interested in bicycling would be interested in using a bicycle courier service. Buy, hey, if it helps pay the magazine's bills I guess it's all right ... Speaking of bicycling, I see the entry deadline has come and gone for this summer's **Ride the Rockies**, which is scheduled for June 20-26. This



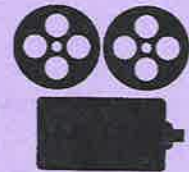
year it'll go from Durango to Colorado Springs. I'm sure some of you out there have applied to participate. Well, I guess you won't have any trouble sleeping those nights ... Editorial Consultant **Nick Nasch** says he's willing to open a bicycle courier service in Pueblo if it will help him get 8 hours of sleep a night ... Apologies to **Stacey Diaz** for leaving her out of last month's list of half-marathon finishers in the Las Vegas International ... Let us

not forget to honor March 22 as **International Goof-Off Day**. According to its sponsors, on this day you are encouraged to "give yourself permission to be silly today." I've never needed a special day for that ... In case you are procrastinating, note that, as of Feb. 21, the **Pikes Peak Ascent** was 35% filled and the **Pikes Peak Marathon** was 42% filled. Those figures are 16 days ahead of last year's pace ... **Bill Banning**, one of the original members of the SCR and a former club president, e-mailed recently and says he's glad to hear that some of their old SCR friends are still doing so well. He and his wife, Donna, say "hi" to everyone ... Just thought you'd like to know that the **noise in fitness classes** regularly reaches decibel levels that can result in permanent hearing damage according to the Wichita State University's Department of Communicative Disorders and Sciences. With a name like that, I'd say they have the right to claim anything they want ... Until next month, sweet dreams, comrades.



## Ultimate in idiocy item of the month:

You can find just about anything on the Internet, including mucho fitness information. But ya gotta look. While looking, I discovered TV Online magazine. This magazine contains interactive TV stories. At the start of each story, it tells you how long it will take you to read the story. Of course, that earns TV Online magazine this month's *Lights are Dim Award*.



## Movie Line of the month:

"Class isn't something you buy. Look at you. You've got a \$500 suit and you're still a lowlife."

Saw this old flick on TBS recently. The raunchy banter between the 2 lead characters makes it worthwhile by itself. The person who came up with the words above will be up for an Academy Award this year. Guess who said the words and in what flick and earn a bus ride through Pueblo. On you.

Answers below.

Answers:  
"48 hours"  
Nick Note in



# Spring Runoff

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line. Another problem occurred at the start of the 10K and 10-mile races when the starting gun failed to discharge, causing a false start by a few runners.

We had a lot of help in putting on this race. *The Pueblo Chieftain* has our eternal gratitude for continually sponsoring this race and supplying many volunteers. Paulette Stuart is a great co-race director and is always available when I need her. We can thank Paulette for being the driving force at *The Chieftain* for the Spring Runoff web site. We could not do this race without the help of the Pueblo Police Dept. They are very good at what they do, which is to protect us from harm while we are having fun. The Gold Dust Twins - Ruth and Shelley - and their staff, provide a much-needed service for pre-registration and registration. They never ask for

We can do some things better next year. For one thing, we will change the entry fee structure. We had a two-week pre-registration deadline this year before fees went up. We had two reasons for this deadline. First, so we could get a good early count for T-shirts. We can literally lose our shirts by ordering too many shirts. Second, we were trying to discourage race-day registration as a way to lessen the race-day workload of Andy and Mary, who had to input the data of race-day entrants. But we have designed a more equitable fee structure that encourages pre-registration but does not deter people from entering the race. Next year, the early registration deadline will be one week before race date, and that entry fee will be \$16 for adults and \$14 for SCR members. During the last week before the race, the fee will escalate to \$20, and it will be \$25 on race day. However, kids 12 and under will be able to race for \$10, regardless of whether they register early, during the week before the race, or on race day.

Speaking of registration, we will try to make the registration table a smoother-running (no pun intended) operation to reduce the stress levels of the volunteers involved. Speaking of volunteers, we are talking about having juice and donuts available for volunteers at the volunteer check-in. We will try to gain USATF certification for the 10-mile course. We

were probably a week late with getting the flyers out, so we will try to get them out even earlier next year. We may need to have an extra volunteer group that we can utilize at a water stop in case there is a no-show by an aid station group, as happened this year.

Someone also has suggested that we treat the 5K division with the same "respect" that we show the 10K and 10-mile divisions in terms of awards, age division, newspaper recognition, etc., and we plan to do this.

The weather forecast was for a winter storm the morning of the Runoff. This forecast missed the mark by a large margin. Yet, it apparently was a factor in keeping people away from the races. For instance, 148 people registered for the 5K but only 130 competed. Also, 105 registered for the 10K but only 93 competed. For the 10-mile, 85 registered and 81 competed. So, a total of 363 runners registered but only 303 competed. Should we impeach the local weather forecasters? I say forget about it and let us move on to next year's race!

Of the 303 runners who did show up, 4 were from out-of-state. Two hailed from New Mexico, one (six years old) from Texas and another from Virginia. Of the in-state runners, 152 were from outside Pueblo County. So, the Runoff continues to be a big draw to Pueblo for out-of-town residents.

## Spring Runoff 10K handicap predict results

Order of finish times  
based on predicted  
time, actual time, and  
age and gender factors:

1. Nick Leyva	41:32
2. Matt Sherman	43:42
3. Melissa Mincic	45:48
4. Makiko Takei	46:36
5. Hannah Muchine	46:50
6. Catherine Waitimu	47:33
7. Marijane Martinez	49:22
8. Jim Robinson	49:32
9. Bill Veges	50:17
10. Helen Robinson	51:16
11. Sam Edwards	51:17
12. Ben Valdez	52:29
13. Dave Diaz	52:31
14. Ted Puls	57:04
15. G.E. Puls	59:44

## SCR Youth Fund

At this month's SCR meeting, the club discussed how to replenish the Youth Fund that was pretty much depleted by the contribution that was made to local prep athletes who attended the Simplot Games in Idaho last month. The decision was made to place in the Youth Fund any proceeds from the Valentine's Two-some race as well as an undetermined percentage of the revenue generated by SCR races in 1999.

## SCR bylaws

A copy of the proposed new SCR bylaws are now in the runner's club box that is behind the counter at the YMCA for any club member that would like to read them.



Finish-line coordinator Lois Pfof assembles volunteers

thanks but they have mine. The Side Pocket was great again for opening early, allowing us to use their facility and, as stated, for doing their best to keeping the place smoke-free. Michael Orendorff obtained USATF approval for the 5K and 10K courses. This was such a grueling and time-consuming task for Mike that he begged off doing the 10-mile course and swore that someone else would have to do it for next year. I helped Mike measure the 10-mile course and can attest to how much time that took. It would have taken more than twice as long to measure the course for certification purposes. So, if anyone can step up to the plate and take over the certification duties for the 10-mile race, just give me a call.

Dave Diaz and his brother did a great job in getting up early and marking and coning the courses. Dave also applied permanent paint to the mile markers so we will not have to remark the course next year. Lois Pfof organized a top-notch finish line crew. Marijane Martinez and Nick Leyva did a very good job in organizing the water stations and we could not have done the race without the water station volunteers. As stated, the South High School track team, and club member Mike Borton in particular, came through for us with many course marshals. Patricia Orendorff did a great job at the refreshment table. Our lead bikers were Lorenzo Martinez, Dave Anderson & Mark Angel. They kept the runners on course.

# Spring Runoff – 5K results

Race held March 7, 1999

Results provided by Andy Ballou and Mary Lou Henson  
(Overall places in parentheses)

## Males

### 10 and Under

Chris Galbraith, Sadler, TX (34) 25:41.3

### 11 thru 15

Jeremy Gregory, Pueblo (19) 22:30.3  
Brandon VanBuskirk, Pueblo (22) 23:37.1  
Andrew Comden, Pueblo (24) 23:48.3  
Brendan Dorsey-Spitz, Pueblo (25) 24:02.8  
Aaron A. Diaz, Pueblo (45) 26:58.7  
Derek Chatham, Pueblo (50) 27:21.0  
Ben Ware, Loveland (53) 27:29.1  
Sean Finley Jr., Pueblo West (59) 27:54.7  
Danny Mazion, Pueblo (75) 29:58.2  
Joseph Mayoral, Pueblo (79) 30:29.7  
Tommy Willumstad, Pueblo (110) 37:11.6  
Previn Marquez, Pueblo (111) 37:16.7  
James Bohannan, Colo. Springs (123) 41:50.9

### 16 thru 19

Kyle Reno, Pueblo (8) 20:06.9  
Dallas Ramos, Pueblo West (9) 20:37.7

### 20 thru 29

Alex Accetta, Durango (1) 15:39.5  
Jason Humphries, Las Vegas, NM (2) 15:50.4  
Jim Hallberg, Durango (3) 16:57.9  
Oscar Contreras, Denver (4) 17:43.3  
Jason Ramos, Pueblo (6) 18:46.2  
Brian VanBuskirk, Golden (14) 21:12.9  
Patrick DeCesaro, Va. Beach, VA (38) 26:25.4  
Brian Thielemier, Pueblo (41) 26:39.2  
David Martinez, Denver (57) 27:47.8

### 30 thru 39

Timothy N. Vigil, Pueblo (5) 18:19.1  
John Walker, Pueblo (12) 21:06.8  
Randy Barnes, Pueblo (16) 21:43.0  
Rudy Baca, Pueblo (17) 21:44.6  
Gary Rael, Pueblo (23) 23:43.9  
Todd Anderson, Monument (26) 24:11.7  
Mel Bueno, Trinidad (28) 24:41.3  
John Freyta, Canon City (31) 25:15.0  
Jeff Estabrook, Pueblo West (47) 27:03.8  
Mike McConnel, Pueblo (55) 27:43.8

### 40 thru 49

Mike Messick, Cheraw (7) 19:12.6  
Nick Leyva, Pueblo (15) 21:16.3  
Bill Wurster, Pueblo (32) 25:23.3  
Joe Vigil I, Pueblo (33) 25:32.4

### 40 thru 49

Rodd Brown, Canon City (37) 26:17.5

Matt Micci, Canon City (42) 26:40.8  
Barclay Clark, Pueblo (46) 26:59.8  
Michael Parlapiano, Pueblo (48) 27:11.5  
Doug Mesner, Pueblo (54) 27:39.5  
Farrel Flieden, Colo. Springs (61) 27:56.4  
Jess Becerra, Rocky Ford (67) 29:00.5  
Pat Greer, Pueblo (68) 29:00.8

John Chatham, Pueblo (72) 29:28.7  
Dan Comden, Pueblo (85) 31:22.5  
Paul Barela, Pueblo (94) 33:14.6  
Karl Aguilera, La Junta (115) 38:56.4  
Jeff Teschner, Pueblo (119) 40:22.7  
Lou Christensen, Colo. Springs (121) 41:49.6  
Mark Wilkinson, Pueblo (124) 42:13.8  
Chris Romero, Pueblo (126) 44:27.4  
Dom Cingoranelli, Avondale (128) 45:49.5

### 50 thru 59

Joe Farra, La Junta (11) 20:56.9  
Tomas Duran, Pueblo (21) 23:19.5  
Robert J. Gausta, Pueblo (30) 25:13.9  
John Dengler, Pueblo West (62) 28:06.3  
Larry D. Walls, Pueblo (73) 29:37.8  
John B. McGuire, Pueblo (97) 34:03.3  
Sidney Arnold, Pueblo (103) 35:11.9

### 60 and Over

Bob King, Pueblo (83) 31:08.9  
Richard Ayala, Pueblo (93) 33:13.5  
Glenn Freelove, Pueblo (113) 37:45.6

## Females

### 10 and Under

Lauren Dorsey-Spitz, Pueblo (44) 26:47.0  
Isabella Fernandez, Pueblo (101) 34:47.6  
McKenzie Marquez, Pueblo (116) 39:14.8  
Brytny Marquez, Pueblo (132) 49:05.0

### 11 thru 15

Jamie Barnes, Pueblo (27) 24:41.0  
Ashlee Velez, La Junta (29) 25:05.6  
Megan Ware, Loveland (60) 27:56.1  
Keshia Solano, Pueblo (70) 29:14.2  
Sharron Hobbs, Pueblo (71) 29:22.5  
Sarah Koch, Pueblo (84) 31:11.3  
Carla Aguilera, La Junta (87) 31:41.3  
Stephanie VanBuskirk, Pueblo (89) 32:06.6  
Krista Walker, Pueblo (99) 34:16.3  
Monica Diaz, Pueblo (130) 47:22.0

### 16 thru 19

Melissa Mincic, Trinidad (20) 22:51.8  
Catherine Watimu, Trinidad (36) 25:47.7  
Charity Krow, Pueblo (39) 26:25.4  
Kate Guasta, Pueblo (40) 26:35.9

Diane Micci, Canon City (43) 26:43.8  
Laura Cingoranelli, Avondale (56) 27:47.0  
Maggie Mattarocci, Pueblo (69) 29:06.5  
Jessica Whitehill, Las Animas (74) 29:46.3  
Tracy Vasquez, Pueblo West (92) 32:12.2  
Lisa Flestrom, Fowler (100) 34:43.7

### 20 thru 29

Hannah Muchine, Trinidad (10) 20:39.1  
Ruth W. Niuguna, Trinidad (13) 21:09.2  
Carrie Garcia, Pueblo (88) 31:42.7  
Sheryl Archuleta, Pueblo West (90) 32:08.6  
Cindy Gutierrez, Pueblo West (91) 32:08.6  
Kathy Spock, Pueblo (95) 33:55.1  
Kelly Drotar, Pueblo (104) 35:19.6  
Danielle Kish, Pueblo (105) 35:20.5  
Yvette Padilla, Pueblo West (120) 40:23.1

### 30 thru 39

Misti Frey, Pueblo West (18) 22:25.8  
Diana Reno, Pueblo (51) 27:28.1  
Phyllis DeLaCruz, Pueblo (58) 27:50.4  
Kathy Ulsh, Florence (81) 30:32.5  
Melody Barnes, Pueblo West (86) 31:28.3  
Nancy Schuster, Pueblo (98) 34:14.0  
Betsy Hoefler, Pueblo West (114) 38:28.8  
Redding. Tami, Pueblo (117) 39:15.0  
Sue Thomas, Pueblo (118) 39:16.0  
Marian Finley, Pueblo West (129) 46:35.3

### 40 thru 49

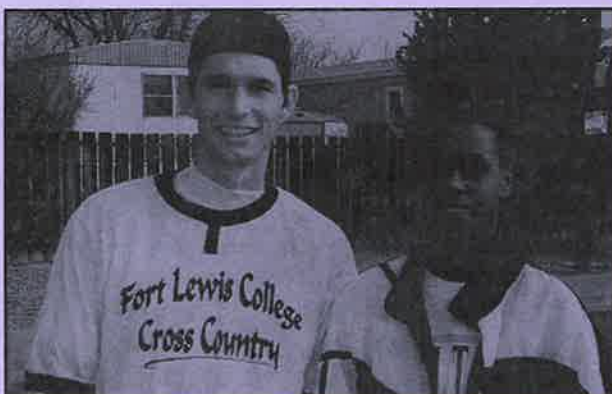
Fidelis Vigil, Colo. Springs (64) 28:24.3  
Carla Ohlsen, Rye (65) 28:44.4  
Sandy Messick, Cheraw (66) 28:47.9  
Lillian Jones, Pueblo (78) 30:19.0  
Maxi Sandoval, Pueblo (96) 34:02.4  
Johanna Erikson, Pueblo (102) 35:02.1  
Joanna Andenuccio-Freelove, Pueblo (112) 37:43.9  
Cynthia Bohannan, Colo. Springs (122) 41:50.3  
Esther Baca, Pueblo (127) 44:54.7  
Anne Souther, Pueblo (133) 49:12.9

### 50 thru 59

Fran Borton, Pueblo (35) 25:46.1  
Donna Musgrove, Pueblo (49) 27:19.9  
Gwynna Fedde, Fowler (76) 29:59.6  
Kathy Tonsing, Westcliffe (77) 30:12.3  
Kathleen Mattarocci, Pueblo (80) 30:30.1  
Christy Furman, Pueblo (82) 30:54.4  
Caroll J. Walls, Pueblo (108) 35:49.7  
Elaine M. Nicoll, Pueblo (109) 36:28.0  
Vera Rael, Pueblo (131) 47:33.5

### 60 and Over

Priscilla Portillos, Pueblo (107) 35:45.2  
Myra Whitney, Pueblo West (125) 43:05.5



Overall 5K winners Alex Accetta & Hannah Muchine.

Photo by Gary Franchi



Kyle Reno finished 1st in the 5K's 16-19 division with a 20:06 time.

Photo by George Balles

# Spring Runoff - 10K results

Race held March 7, 1999

Results provided by Andy Ballou and Mary Lou Henson.

(Overall places in parentheses)

**Overall Winners:**

Male - Gerald Romero, 33:38

Female - Hillary Becker, 42:08

**Males**

**19 and Under**

Aaron Lopez, Pueblo	(6)	40:11.3
Sean Kelly, Pueblo	(87)	67:17.0
Michael Colarelli, Pueblo	(88)	67:17.8

**24 thru 24**

Mason Markley, Las Vegas, NM	(12)	41:07.9
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**25 thru 29**

Gerald Romero, Colo. Springs	(1)	33:38.7
Kevin Ash, Colo. Springs	(2)	36:59.4
Toby L. Doub, Pueblo	(20)	44:21.4
Matt Sherman, Pueblo	(21)	44:26.9

**30 thru 34**

Rick Hough, Pueblo	(18)	43:55.6
Jeff Howes, Pueblo	(25)	45:51.2
Joseph T. Phaneuf, Colo. Springs	(28)	46:42.3
Jon Kinnischtzke, Pueblo West	(62)	55:33.5

**35 thru 39**

Mark Koch, Pueblo	(3)	37:54.0
Rick Shoulberg, Manitou Springs	(4)	39:04.2
Larry Volk, Pueblo	(5)	39:08.2
Ben Valdez, Pueblo West	(10)	40:47.3
Kevin Donaldson, Monument	(16)	43:00.6
Brandt Bradbury, Canon City	(17)	43:30.0
Scott Beauvais, Pueblo West	(23)	45:13.1
Dan Paulson, Canon City	(24)	45:17.6
Steven Clough, Pueblo	(30)	47:45.3
Daniel C. Cansino, Canon City	(35)	50:17.1
Paul Enderle, Canon City	(37)	51:24.6
Robert A. Simon, Colo. Springs	(38)	51:35.1
Brad Van Buskirk, Pueblo	(42)	52:18.4
David Coleman, Colo. Springs	(44)	52:26.4
Dennis P Driscoll, Pueblo	(69)	57:10.1
Richard Valdez, Pueblo	(76)	60:21.3

**40 thru 44**

Bill Veges, Pueblo	(14)	42:30.3
Rocky Khosla, Pueblo	(22)	44:42.9
Mike Borton, Pueblo	(27)	46:32.8
Anthony Diaz, Pueblo	(34)	50:08.2
Dennis W. Krall, Pueblo West	(52)	53:44.3
Ray Catulli, Pueblo	(54)	53:57.7
John Sell, Canon City	(72)	59:10.9
John Berry, Littleton	(85)	65:07.9



**Gerald Romero breezed to victory.**

Photo by Gary Franchi

**45 thru 49**

Harold Torres, Trinidad	(8)	40:40.0
James Robinson, Pueblo	(9)	40:41.8
Allen Weaver, Canon City	(29)	47:23.8
Tony Arguello, Pueblo West	(56)	54:25.0
Paul Willumstad, Pueblo	(67)	56:52.1
John Lobato, Pueblo West	(75)	59:49.1
George Alfonso, Pueblo	(79)	60:46.2
Louis W. Arteaga, Pueblo	(84)	64:47.5
Mike Gonzales, Pueblo	(86)	67:10.7

**50 thru 54**

Elliott Henry, Colo. Springs	(7)	40:38.3
Dave M. Diaz, Pueblo	(11)	40:55.3
David Jones, Monument	(19)	44:18.7
Bill Walker, Colo. Springs	(31)	48:38.1
David Crockenberg, Pueblo	(33)	49:36.9
Warren Marshall, Canon City	(47)	53:11.6
Jess Cosyleon, Pueblo West	(66)	56:51.9
Will Johnson, Pueblo	(81)	61:15.4

**55 thru 59**

Carl E. Bartecchi, Pueblo	(26)	45:56.5
Len Gregory, Pueblo West	(41)	52:07.7

David Tonsing, Westcliffe	(64)	55:49.6
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**60 and over**

Joe Scarlett, Colo. Springs	(39)	51:50.9
William VanBuskirk, Lamar	(43)	52:18.9
John Holiman, Pueblo	(65)	56:17.3
Dick Greet, Rye	(68)	57:00.7
David Foster, Pueblo	(70)	57:28.7
Rodge Rodgers, Colo. Springs	(80)	61:10.1
Denver Wood, Denver	(91)	99:55.3
Neal Kinsinger, Colo. Springs	(92)	72:56.6

**Females**

**19 and under**

Brandy Krow, Pueblo	(58)	54:39.0
Jaclyn McCluskey, Pueblo	(59)	54:41.5
Jolene Weston, Pueblo	(89)	68:52.3
Jamee Windon, Pueblo	(90)	69:14.6

**20 thru 24**

Melissa Lierly, Alamosa	(78)	60:34.3
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**25 thru 29**

Michelle L. Olson, Pueblo	(60)	54:43.3
Toris Fox, Pueblo West	(73)	59:40.5

**30 thru 34**

Teresa Southard, Colo. Springs	(15)	42:42.2
Karen Ortiz, Pueblo	(40)	52:05.7
Kelly M. Kurtz, Pueblo West	(46)	53:06.1
Stacie Fillmore, Pueblo West	(49)	53:20.5
Kelly Hale, Rye	(51)	53:34.2
Annette Martinez, Pueblo	(55)	54:11.0
Cathy Osban, Pueblo	(57)	54:30.5
Leslie Winemiller, Denver	(83)	63:47.9

**35 thru 39**

Hillary Becker, Colo. Springs	(13)	42:08.6
Ann Hulett, Pueblo West	(53)	53:52.3
Karen Lundberg, Salida	(61)	55:03.1
Maria Elena Weaver, Canon City	(63)	55:36.1

**40 thru 44**

Helen Robinson, Pueblo	(36)	50:36.1
Kathy Stommel, Pueblo	(74)	59:48.8
Susan Dalla Guardia, Rye	(82)	61:23.3
Deborah Conroe, Poncha Spgs	(93)	73:10.8

**45 thru 49**

Marijane Martinez, Pueblo	(32)	48:48.8
Marilyn Collett, Sedalia	(45)	52:57.7
Loralee Gregory, Pueblo West	(71)	59:02.8
Kathleen Spencer, Pueblo West	(77)	60:27.0

**50 thru 54**

Julie Marshall, Canon City	(48)	53:18.4
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**55 thru 59**

Jessie Quintana, Pueblo	(50)	53:27.5
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**Hillary Becker was the 1st female finisher in the 10K race.**



**Mark Koch was the 1st Pueblo finisher in the 10K race.**



**Marijane Martinez was the 3rd overall female finisher in the 10K race.**

# Spring Runoff – 10-Mile results

Race held March 7, 1999

Results provided by Andy Ballou and Mary Lou Henson.  
(Overall finish places in parentheses)

**Overall Winners:**

Male – Steve Cathcart, 59:29  
Female – Rita Vigil, 1:07:27



The large field of runners blasts off at the start of the 10K and 10-mile races.

Photos by Gary Franchi

**Males**

**25 thru 29**

Brook Hathaway, Pueblo (56) 1:27:02.3

**30 thru 34**

Steve Cathcart, Fort Collins (1) 54:29.4  
Paul Koch, Colo. Springs (3) 1:01:44.7  
Sammy Watson, Canon City (44) 1:23:22.3  
Ted Majka, Golden (59) 1:28:28.9  
Kerry Meier, Pueblo (66) 1:31:47.4  
Butch Faoro, Penrose (67) 1:31:47.8

**35 thru 39**

Rob Frlich, Colo. Springs (5) 1:04:08.0  
Robert Santoyo, Pueblo (8) 1:09:41.3  
Mark Rickman, Pueblo (14) 1:12:10.4  
Sean Finley, Pueblo West (17) 1:14:53.8  
Chris Gredig, Pueblo West (27) 1:17:07.9  
Ted Puls, Pueblo (53) 1:26:14.4

**40 thru 44**

Phil Ware, Loveland (2) 56:51.3  
Joe Frenandez, Monte Vista (7) 1:08:55.3  
Jim Schreiber, Pueblo West (12) 1:10:58.6  
Who Ever, Pueblo (13) 1:11:32.8  
Steve Hernandez, Littleton (23) 1:16:16.7  
Jim Reitz, Littleton (26) 1:16:50.6  
Steve Walls, Colo. Springs (30) 1:20:19.0  
Bill Cox, Colo. Springs (33) 1:20:53.3  
Steve Gaulke, Colo. Springs (38) 1:22:35.5  
Michael Clark, Manitou Springs (39) 1:22:39.2  
Paul Chacon, Pueblo West (43) 1:23:14.7

**45 thru 49**

Rufus Firefly, Palmer Lake (9) 1:10:11.6  
Joe Stommel, Pueblo (16) 1:14:00.5  
Roy Hughes, Canon City (19) 1:15:09.7  
Steve Farley, Pueblo (22) 1:15:55.8  
Sam McClure, Canon City (24) 1:16:28.5  
Bill Ebersohl, Colo. Springs (36) 1:21:43.0  
Joe C. Sisneros, La Jara (46) 1:24:27.2  
John F. Ulsh, Florence (50) 1:25:10.1  
Daniel Hazen, Bailey (52) 1:25:42.7  
John Crouse, Monument (58) 1:28:15.3  
Darrell Gorre, Denver (63) 1:30:25.1  
Mike Saucedo, Canon City (64) 1:30:32.6

**50 thru 54**

Stu Nieburg, Colo. Springs (4) 1:03:41.6  
Martin Hoskins, Colo. Springs (11) 1:10:43.6  
Ed Leanos, Pueblo (20) 1:15:22.1  
Mike Pugh, Pueblo (25) 1:16:45.7  
Jim Beckenhaupt, Colo. Springs (37) 1:22:33.9

**55 thru 59**

Paul Von Der Gathen, C.Springs (18) 1:15:07.1  
Dennis Normoyle, Colo. Springs (28) 1:17:24.9  
Tex Lierly, Alamosa (47) 1:25:02.5  
Dave Whitaker, Colo. Springs (68) 1:33:39.6

**60 and over**

Ric Markin, Colo. Springs (51) 1:25:18.1  
Wayne Whitney, Pueblo West (60) 1:29:34.0  
Gerald E. Puls, Pueblo (75) 1:41:06.3

**Females**

**20 thru 24**

Anne Hudson, Edwards (21) 1:15:49.6	Deb Haverfield, Monte Vista (61) 1:30:09.5
Angela Lierly, Alamosa (73) 1:39:38.5	Naomi L. Patrick, Pueblo (70) 1:34:55.4
Michelle Kramer, Colo. Springs (76) 1:41:35.3	Molly Hankins, Colo. Springs (72) 1:37:46.1
<b>25 thru 29</b>	Martha Kramer, Colo. Springs (77) 1:41:36.4
Kelly Rogers, Colo. Springs (69) 1:33:44.7	<b>45 thru 49</b>
<b>30 thru 34</b>	Jenine Ebersohl, Colo. Springs (40) 1:22:44.7
Rita Vigil, Pueblo (6) 1:07:27.0	Bev Sheppard, Creede (49) 1:25:06.3
Traci Dworshak, Colo. Springs (15) 1:13:47.1	Laura Engleman, Woodland Park (55) 1:26:35.4
Jackie Allen, Canon City (29) 1:19:53.7	Marci Lierly, Alamosa (78) 1:45:06.5
Claire Bueno, Pueblo (35) 1:21:38.5	<b>50 thru 54</b>
Lori Stravang, Pueblo West (54) 1:26:31.8	Lorraine Hoyle, Pueblo (32) 1:20:28.9
Karen Whitaker, Colo. Springs (71) 1:37:12.2	Peg Roddy-Reeg, Colo. Springs (42) 1:23:08.0
<b>35 thru 39</b>	Carol A. Kinzey, Pueblo (45) 1:23:57.7
Maddy Tormorn, Pueblo (10) 1:10:28.5	Sharon Baily, Colo. Springs (65) 1:31:42.2
Betty Furlong, Colo. Springs (31) 1:20:19.6	Donna Nicholas-Griesel, Coaldale (74) 1:39:50.8
Laura Schilf, Canon City (34) 1:21:09.8	Susan Campbell, Pueblo (79) 1:46:47.9
Stacey Diaz, Pueblo (41) 1:23:06.6	<b>55 thru 59</b>
Mary Zehringer-Whitman, Springs (48) 1:25:04.7	Beth Bryant, Arvada (80) 1:48:22.2
Judy Egbert, Alamosa (81) 1:54:31.1	<b>60 and over</b>
<b>40 thru 44</b>	Martha Kinsinger, Colo. Springs (62) 1:30:24.7
Diane Lopez, Pueblo (57) 1:27:35.4	



**First Female**

Rita Vigil had plenty in the tank at the finish as she paced all females in the 10-mile race.

## SCR makes mark in Winter Series

Several SCR members ran all 4 races in the Winter Series held in the Springs area, and the following finished among the overall leaders in their age divisions:

**Short Series**

**Females** – Marijane Martinez, 46, was 1st. Misti Frey, 31, 2nd. Donna Wheeler, 50, 1st. Deb Hadley, 42, 6th.

Kathy Ulsh, 38, 3rd.

**Males** – Woody Noleen, 43, 1st. Dave Diaz, 50, 2nd. Bill Veges, 41, 2nd. Nick Leyva, 45, 5th. Les Lundin, 49, 8th.

**Long Series**

**Males** – Paul Chacon, 44, 2nd. Sam McClure, 45, 2nd. Ben Valdez, 38, 3rd. Matt Sherman, 26, 3rd. John Ulsh, 49, 4th.

## Happy Birthday

### SCR members with: March birthdays

- 1 Barbara Wasser
- 2 Andrew Jobe  
Rand Morris  
Jobe Andrew  
Priscilla Portillos
- 5 Brianna Diaz
- 6 Bonnie Boyd  
Bob Mutu
- 10 Douglas Vasquez  
Mike Crockenberg
- 11 Paul Koch
- 12 Paul Barela
- 16 Dee Scafnetz  
Charlotte Slaughter
- 17 Christine Dutro
- 18 J.J. Huie  
Laura Clark
- 19 Ted Puls
- 20 Kim Westerman-Martin
- 21 Gabe Cosyleon
- 24 Sue Gilchrist  
Tim Loyd
- 25 Adam Montoya  
Laura Schilf
- 26 Bill Banning  
Marv Bradley  
Teresa Caprioglio



### April birthdays

- 1 Carol Hund
- 2 Jessica Gogarty  
Tim Vigil
- 3 Sarah Koch
- 4 Gene Arellano
- 5 Cory Finley
- 7 Gerald Puls  
Sarah Micci
- 8 Elizabeth Perkins  
Gwynna Fedde  
Rita Vigil
- 9 Jessie Paul Weaver
- 10 Linda Kelly  
Gil Romero
- 11 Brad Van Buskirk
- 12 Donna Tonko
- 13 Joe Farra
- 15 Traci Dworshak
- 17 Robert Santoyo  
Gloria Farley  
Danielle Perkins  
Mae Nezvinsky
- 18 Bryan Dehn
- 19 Tony Garcia
- 25 Emily Roukema
- 26 Michael Yeakey  
Craig Hill
- 27 Jim Beckenhaupt  
Jenna Dorsey-Spitz
- 30 Stephany Farley

# Rocky on Fitness

## Here's the scoop on the new "super aspirin"

by Rocky Khosla, M.D.

If you haven't already heard the big buzz about the new "super aspirin," then you are sure to be bombarded soon. I am talking about a new class of anti-inflammatory medicines called the COX-2 inhibitors, and I thought this topic may be of interest to some of you.

Just to review some basics, your own body tries to repair damage to its tissues by breaking down these damaged materials and scavenging parts so that new material can be laid down. Unfortunately, sometimes the body gets carried away with this notion, and this process can lead to inflammation. At the cellular level, the body produces a whole bunch of chemicals that cause inflammation, and most of these agents are produced by a complex series of chemical reactions called cyclooxygenase pathway.

So you might say to yourself, hey, why not block this pathway so that we could all live without inflammation? Well, that was the idea behind aspirin, and all of the other anti-inflammatory drugs such as ibuprofen, naprosyn, etc. The problem is that the cyclooxygenase pathway also helps us produce

some other chemicals that protect the stomach from acidic damage. Thus, when you block the whole cyclo-oxygenase pathway, you can help cut down inflammation, but you may also irritate the gut to the point that you may get an ulcer.

But what if you could just block the cyclooxygenase pathway that leads to inflammation while not affecting the other stuff that protects the gut? That is exactly what is supposed to happen with the new COX-2 inhibitors. The only one out now is Celebrex, but another one - called Vioxx - will be out in June.

So should all of us forsake Motrins and Aleves and jump on to this class of medicine? I don't think so. I think this class offers some advantages to people who are either at risk for stomach problems or who have had a history of stomach problems already. But like all new medications, there may be side effects or complications that could come up but that haven't shown up in the small preliminary studies. Remember, the heart problems seen with Redux (a popular weight loss drug) did not really show up until about 100,000 prescriptions were written.

Till the next time, see you on the run!



## Hey! Please renew your memberships

*These 1998 SCR members have not renewed for '99:*

Gary Addington  
Ccharlene Alfonso  
Tracy Atilano  
Brenda Baker  
George Balles  
Andy Ballou  
Frances Banda  
Chris Barr  
Rich Barrows  
Bruce Batting  
Carl Bauer  
Dotsy Baxter  
Bonnie Boyd  
Paul Chacon  
Tina Clarke  
Bill De Moss  
Ron Dehn  
Dave Dehn  
Tom Diaz

Susie Dorle  
Dorsey-Spitz family  
Tomas Duran  
Laura Engleman  
Gloria Farley  
Sabrina Flitton  
Marty Garcia  
Connie Gravelle  
Len Gregory  
Tracy Gunn  
Rich Hadley  
David Hall  
Jack Harris  
Betsy Hill  
John Holiman  
Erin Holmes  
Rich Hornish  
Barbara James  
Frank Jaquez  
Cathy Kelley  
Bob King  
David Klein

Beverly Kochevar  
Kathy Koller  
Buddy Lambrecht  
Diane Lopez  
Les Lundin  
Dick Marian  
Donita Massengill  
Cheryl McCoy  
Tom McKenna  
Doug Mesner  
Lynn Miller  
Gloria Montoya  
Chuck Moore  
Bob Mutu  
Hilbert Navarro  
Scotia Ogle  
Cathy Perkins  
Don Pfost  
Alex Popoff  
Susie Price  
Ralph Regalado  
Ty Rice

Cindy Rivera  
Deb Robeda  
James Robinson  
Carlos Rodriguez  
Carol Rooney  
Emily Roukema  
Joseph Ruppert  
Jim Schreiber  
Jim Schwartzenberger  
Kathy Spencer  
Lori Stavang  
Joe Stommel  
Jeff Thomas  
John Thomason  
Donna Tonko  
Maddy Tormoen  
James Ussery  
Douglas Vasquez  
Barbara Wasser  
Debra Wilcox





# 1999 Racing Calendar



## Pueblo County - Canon City corridor

<b>March</b>					
20	Sat	8:30AM	Canon City Predict Run, 5K .....	Riverwalk	(719) 275-1578
<b>April</b>					
18(?)	Sun	8:00AM	Ramsgate 8, 8K (handicap) .....	8 Ramsgate	(719) 544-9633
25	Sun	9:00AM	Y-Bi Classic Duathlon, 11.2M bike/5.5M run	Pueblo West	(719) 543-5151
<b>May</b>					
2	Sun	8:00AM	Cinco de Mayo, 10K .....	State Fair	(719) 562-1342
15	Sat	7:00AM	Ordinary Mortals Triathlon .....	Pueblo West	(719) 543-5151
525-meter swim, 13-mile bike, 5K run					

## Other areas

<b>March</b>					
21	Sun		Littleton Stride, 5K/10K .....	Ketring Park, Littleton	(303) 347-3478
28	Sun		Orphans of Violence, 5K .....	Washington Park, Denver	(303) 694-2030
<b>April</b>					
10	Sat		Tortoise & Hare Predict, 5K .....	Monument Valley Park, Springs	(719) 533-1025
11	Sun		Denver Police Chase, 4M R/W .....	City Park, Denver	(303) 694-2030
17	Sat		Run the Ridge, 5K .....	Colorado Springs	(719) 596-3507
17	Sat		Horsetooth Half-Marathon .....	Fort Collins	(970) 493-4675
17	Sat		Chuck Weaver Challenge, 5M .....	Red Rocks Park, Morrison	(303) 428-8988
24	Sat		Collegiate Peaks, 25M & 50M .....	Buena Vista	(719) 395-6612
24	Sat		Elbert Reflections, 5K & 10K .....	Elbert	(719) 590-7086
25	Sun		Cherry Creek Sneak, 5M .....	Denver	(303) 394-5170
<b>May</b>					
2	Sun		Cinco de Mayo, 5KM .....	Monument Valley Pk, Springs	(719) 598-2953
8	Sat		Panoramic River Run, 5K/5M, Kids 1M	site TBA	(719) 635-3303
8	Sat		Avon Women's 10K (& 5K walk) .....	Denver	(212) 282-5350

## Regional Marathons (& others of interest)

<b>March</b>	27	Great Southwest – Abilene, TX .....	(915) 677-8144
<b>April</b>	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
<b>May</b>	1	Great Potato (& Half) – Boise, ID .....	(208) 344-5501
	1	Whiskey Row (& Half, 10K & 2M) .....	(520) 445-7221
	1	Shiprock – Farmington, NM .....	(800) 448-1240
	2	Avenue of the Giants (& 10K) – Bayside, CA	(707) 443-1226
	2	Lincoln, Nebraska .....	(402) 435-3504
	23	Coeur D'Alene (& Half) – Idaho .....	(208) 665-9393
	23	Rock 'n' Roll – San Diego .....	(619) 450-6510
	29	Andy Payne Bunion – Oklahoma City, OK ...	(405) 236-2800
	29	Paper Chase – Amarillo, Texas .....	(806) 345-3451
	30	Wyoming – Laramie, WY .....	(307) 635-3316
<b>June</b>	6	Steamboat – Steamboat, CO .....	(970) 879-0880
	19	Grandma's – Duluth, MN .....	(218) 727-0947
<b>July</b>	11	San Francisco, CA .....	(916) 983-4622
	17	Mosquito – Leadville, CO .....	(800) 933-3910



## Other known 1999 races

- **May 15**  
Ordinary Mortals Triathlon
- **May 31**  
Bolder Boulder 10K
- **June 6**  
Garden of the Gods 10M
- **June 26**  
Sailin' Shoes 5K/10K
- **July 3**  
Pioneer Run - Colo. City
- **July 10**  
Women's Distance Fest.
- **August 7**  
Beulah Challenge
- **August 7**  
Georgetown to Idaho Springs Half-Marathon
- **August 21**  
Pikes Peak Ascent
- **August 22**  
Pikes Peak Marathon
- **September 11**  
Imogene Pass – Ouray
- **September 12**  
Race for the Cure, CS
- **September 26**  
Governor's Cup, Denver
- **October 10**  
River Trail Marathon, Half -Mara. & 10K
- **October 17**  
Colorado Half-Mara & 5K
- **November 6**  
Rim Rock Run
- **December 5**  
Rock Canyon Half-Mara

URL for the ages: <http://www.bunchofidiots/fivehere.com>



**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.ccooes.edu](mailto:franchi@pcc.ccooes.edu)



### Stats that rule

- The Shamrock Shake featured this month at the McLube's chain has 360 calories and 9 grams of fat. – "Men's Health" magazine.
- Water contents: bananas 74%, orange juice 88%, grapes 81%. – Karen Calabro, nutritionist
- 70% of new treadmill buyers are female. – American Sports Data
- Records show that 93.8% of women who drank a Shamrock Shake after running on a treadmill threw up while reading an issue of "Footprints." – Pollsters Unlimited

# Racing info. you simply can't live without

by the Editor

### Upcoming Races

Hard to believe but the multi-sport racing season will begin next month when the annual Y-Bi Classic duathlon is held beginning at 9 a.m. on April 25 in Pueblo West. That's a Sunday, a day of rest for most of the populace but a day of serious training for running and multi-sport fanatics.

The Y-Bi will have the same format as in past years, complete with the post-race pizza party. I suppose that also means it will either rain or snow – or both – again this year. Keep the Gore-Tex handy.

Two notables: Carl Burgess of the Y has taken over as Race Director, and SCR members who pre-register get a 2-buck discount.

### Cinco de Mayo 10K

If you want to run a "fast 10K course," whatever that means, this is the one. The Cinco is scheduled for Sunday, May 2, with an 8 a.m. start. Tim Vigil is taking over as Race Director this year, but he'll get plenty of assistance from former directors Marijane Martinez and Nick Leyva. Those two will still coordinate the visit by the running con-

tingent from Chihuahua, Mexico. Part of that is finding housing here for those visitors. They are looking for club members who can host a couple of our visitors. Hence:

**If you can house a runner from Mexico, please call Marijane or Nick at 564-6043.**

The tail end of the Cinco will change this year since the finish line is being moved to avoid the congestion on the main drag inside the Fairgrounds. The entrance to the Fairgrounds will NOT be from Beulah, but probably from the side Horseman's entrance.

Marty Garcia and Total Terrain are again sponsoring the Cinco this year.

### Ordinary Mortals

If you intend to compete in this May 15 triathlon, you'd be wise to register early since this race field fills up early and will be limited to 198 entries. There will be NO RACE-DAY REGISTRATION. SCR members will get a \$2 discount, especially if they register before the field is filled.

*For the soul ...*

**"Exhilaration comes from being stretched to your limits to accomplish something that was incredibly difficult for you." – Don Hahn**

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

Non-Profit  
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U.S. Postage  
Pueblo, Colorado  
Permit #260



### Keep the great stuff 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)