



EDITOR: Gary Franchi



# FOOTPRINTS

The choice for any millenium.

A May 1999 edition to keep near the commode

## So many helped to make Cinco '99 a great success

by Marijane Martinez

Another year, another Cinco de Mayo! Once again the race was a success. Tim Vigil agreed to serve as Race Director and that helped Nick and me immensely. Although Tim was not physically there on race day, he and Rita had taken care of nearly everything so that Rita was even able to run and take 1st place overall in the women's division! Now I think back and wonder how Nick and I were able to direct the race and host the runners. Nice job, Tim and Rita, and an excellent choice for awards!

Events such as the Cinco de Mayo would not be possible were it not a "team effort." People who deserve special recognition are Priscilla and Ted Portillos, Jose and Edna Duarte, Hilbert and Judy Navarro, and Mrs. and Mrs. Elias Trujillo. These individuals, in addition to Nick and me, hosted the 10 runners who came from Chihuahua, Mexico for the weekend. Hilbert and Judy also offered their home for the "send-off party" that Sunday evening. My sister, Lydia Martinez, from Walsenburg was gracious enough to cook barbecue beef sandwiches, potato salad and baked beans for the group also. Priscilla and Ted Portillos went above and beyond the call of duty by agreeing on Sunday night to drive a second van to El Paso, Texas so none of the runners had to travel by bus as they did to get here!

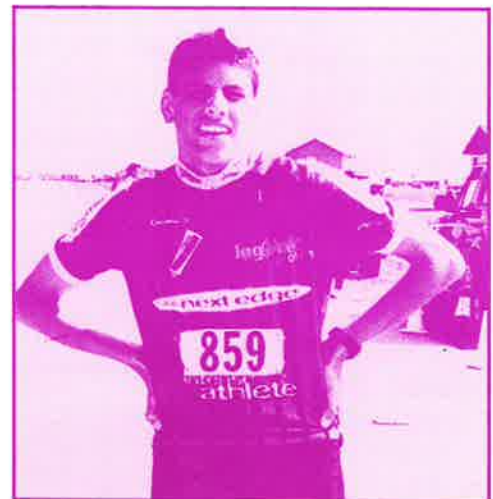
The runners from Chihuahua asked me

*Continued on Page 6*

## Fitness - it's a family thing



Cathy Perkins and granddaughters all participated in the Cinco de Mayo 10K race held May 2 at the Colorado State Fairgrounds. Cathy is pictured here with (from left) Elizabeth, 9, Heather, 11, and Danielle, 13. All 4 won trophies for placing in their age divisions.



This father-son duo has competed in triathlons and duathlons for many years. Above left is Martin Ottersberg, who is one of the original members of the SCR. Above right is his son, Blake, a national junior triathlon star.

*\* Much more Cinco de Mayo & Y-Bi coverage inside \**





**Chewta says:**

"So, buckos, hope you have circled July 18 on your calendars and plan to attend the SCR Picnic that day in Colorado City. No excuses. I'm sure my master will have more information in a future issue of his rag publication, but I wanted to plant the seed in your memory now. See ya. Ruff! Ruff!"

**Check out the SCR's new Home Page**

Thanks to Ken Raich, former Puebloan who has moved back after living a couple of decades in Dallas, the SCR has a new Home Page on the World Wide Web. And it's a good one. Check it out yourself and learn why I feel Ken has some true Home Page talent. The page's URL – for now – is:

[aculink.net/~raichk/scr/](http://aculink.net/~raichk/scr/)

**This is what's inside of 'em**

- Jif Peanut Butter (28 oz.) – 1,218 peanuts
- Chips Ahoy cookies – 1,000 chocolate chips per bag
- Lay's Potato Chips (1 lb.) – 4 lbs. potatoes
- Snickers – 20 to 30 peanuts per bar
- Heinz Ketchup (14 oz.) – 25 unfrozen tomatoes

# Rocky on Fitness

## Don't ignore your kid's hip pain wailings

by Rocky Khosla, M.D.

Suppose you have just gotten through a 10K race, and your neighbor walks over to congratulate you accompanied by his somewhat overweight 12-year-old son. He says that he would love to have his son start running, but the son has been complaining of increasing hip pain over the past month. And he wonders, you being a runner and all, if there is anything that could help him get over the hip pain. What do you do?

Well, this is a real case that came up with a friend of mine, and I thought that it would be a good topic to write about in this column.

There is a condition called slipped capital femoral epiphysis, and the child in this case presented a classic example. This condition typically occurs between the ages of 10 and 15 and is seen in boys about one and a half times more often than girls. Also, the child usually is overweight, although this isn't always the case.

The basic problem is that the top of the femur slips down and backwards at the level of the growth plate. Once this happens, the hip joint does not move as it should, and this can lead to increasing pain and, eventually, joint destruction. Often, children who have this do not really have as much hip pain as groin, thigh or knee pain. And in about 25-40% of cases, both hip joints may be involved. The best way to make the diagnosis is by imaging the joint by either regular X-rays or by CT scanning. The treatment is essentially surgical, and usually an orthopedic surgeon is able to use a single central screw to stabilize the hip, and the child can usually resume all activities.

Another condition that can particularly affect kids and their hips is a condition called Legg-Calve-Perthes disease. This is usually

seen in children between the ages of 4 to 8 and is due to loss of blood supply to the head of the femur, which leads to death of that chunk of bone.

Fortunately, this does not happen very often. And when it does, 90% of cases are seen just on the one side. The treatment of Legg-Calve-Perthes disease is also surgical, but these kids tend to have more restrictions in terms of avoiding contact-collision activities, etc.

So, in conclusion, if a child you know has complaints of persistent hip, knee, thigh or groin pain, don't take these lightly. Have the little dudes and dudettes checked out, and they and their hips will thank you.

Till the next time, remember it's hip to think hip!



## 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. 214**

"Footprints" is the newsletter produced monthly by, about and for the SCR membership. All members are mailed copies of the newsletter to add to the mounds of junk mail they receive regularly.

**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, Axel Drench (*)	

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, but they do so at their own risk.

**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 exhude negative eons.



**We will see you in our dreams in Folsom Stadium Section 215 after the Bolder Boulder.**

**We will open June 14 at our new Union Avenue location. See you there!**

(\*) – Axel Drench is the name of the college hooper who was on the Gonzaga team that had a great NCAA tournament run.



## Great (& so-so) Stuff

by Gary Franchi



### *This was a Cinco many will remember*

Thought for today's lunch, compliments of an astute, anonymous source: "If everything seems to be going well, you have obviously overlooked something."

#### **This month's smorgasbord:**

The finish of the **Cinco de Mayo 10K** race at the State Fairgrounds in Pueblo earlier this month was simply unreal. How can you have a photo finish in a 6.2-mile race? Well, we did. Royce Banda Nunez and Efrain Moreno, two visiting runners from Chihuahua, Mexico, sprinted the final 100 yards or so, never saw the finish chute and crossed the "finish line" next to the chute in a dead heat with identical 32:15 times. The four of us volunteers working the finish line didn't have a clue about who won. It's a good thing that Priscilla Portillos, who was pulling name tags in the finish chute, can speak Spanish because she had to ask the two runners, in Spanish, which one of them was the winner.

Speaking of the Cinco, congrats to several runners for exquisite races that day. In weather that can be described as perfect, ideal, extraordinarily excellent, outstanding, primo, divine, incredible and unbelievable – especially considering the several days of rain that preceded it – Ben Valdez reached his goal of running a sub-40-minute 10K before hitting the age of 40 by recording an astounding 39:16 – on his 39th birthday, no less. Robert Santoya and women's overall winner Rita Vigil also slid under 40 minutes, with Robert running a 39:46 and Rita a 39:53. Ben is shown in the photo on this page. With him is Matt Sherman, who whacked 1:41 off his Cinco time from a year ago with a super 42:28 time.

More Cinco: We really had to scramble to produce this race because several people who had volunteered to work never showed up. People, if you say you're going to work as a **volunteer** on a race, please show up. You don't realize the potential for chaos that exists if we're shorthanded.

As I ripen into the tender age of 50, I find myself changing. For instance, like some, ah,

more mature folks, I sometimes prefer to listen to news on the radio instead of a classic rock station. For another, I'm always injured. Well, not always. I seem to recall several days during the past few months where I actually was able to do some speed pickups while on my regular jaunts in Colorado City. But here's the clincher: I find myself turning on the Channel 5 news at 10 p.m. and putting the mute switch on until the weather comes on. I'm serious. More than anything, I hate some of the gunk that is considered "news" on TV and don't care a whole lot more for the formula TV reporting style. But there IS at least one benefit to hitting 50 – you can belong to the AARP. Don't laugh – I saved 16 bucks at a motel recently just by showing my AARP card. Hey, and you get a free subscription to "Modern Maturity" magazine, too. Now is this a great life or what?!?



**Matt Sherman (left) and Ben Valdez had reason to smile after the Cinco.**

Getting back to being old mature, I was reading "Muscle and Fitness" magazine about ways for more mature folks to keep off body fat. They include learning to graze (eating style), walking at least four hours a week, going for high intensity when training, eating lots of veggies, and muscling your way to a faster metabolism by pumping some iron regularly. Did you really think that "Muscle and Fitness" wouldn't include pumping iron? Get serious, muscle head!

I'm all for women getting their fair share of awards in athletic competitions, but something doesn't seem quite right about the fact that every female who entered the Y-Bi Classic Duathlon last month won an age-division award. Or am I just being a curmudgeon about this?

Until next month, hope you all have a great time at the Bolder Boulder. Remember: The SCR contingent will gather in Section 215. And act young – you'll have more fun!

### **Ultimate in idiocy item of the month:**

The marketing wizards who come up with the names of running shoe attributes

and names of colors earn this month's



*Lights are Dim Award.* I saw these in a recent issue of at "Eastbay," the athletic apparel sales cataloge: *Phylon forefoot, Regrind outsole, PU heel, AHAR heel. And these colors: Ultramarine, eggplant flint, sinnia, citron.* Makes me think you could get away with describing shoes as having something like "breathable hydro-molded, poly-compression EVA outer lug wrench design" and get away with it.



### **Movie Line of the month:**

*"Just when I think you couldn't do anything dumber, you go do something like this and totally redeem yourself."*

Oh, man, this is a gimme. Talk about hints, one of the words above is in the title of the movie. If you don't know the speaker and the name of this flick, you're ready to become the next editor of this newsletter. Guess 'em both and win the right to wake up tomorrow.

*Answers below.*

Jeff Daniels in "Dumb and Dumber"

Answers:



## Happy Birthday, club members

### May

- 2 Ben Valdez
- 4 Butch Nezvensky
- 5 Nicole Leyva  
Scott Reno  
Blake Ottersberg
- 7 Eva Cosyleon
- 10 Melinda Orendorff
- 11 Shaun Gogarty
- 12 Connie Gravelle
- 14 B.A. Cosyleon  
Helen Robinson
- 17 Ladonna L. Gunn
- 18 Matthew Martin  
Mark Koch  
Nicole Westerman
- 20 Lori Gregory  
Nancy Welsh-Jobe  
Michael Archuleta  
Diane Lopez
- 23 Sidney Arnold
- 26 Lois Pfost
- 29 Susan Conner

### June

- 2 Bill Conner
- 4 Matt Sherman
- 5 Martha Kinsinger  
David Crockenberg
- 6 Steve Farley
- 8 James Robinson
- 11 Margaret Vorndam  
Nycholle Archuleta
- 14 Jan Huie
- 16 Traci Tafoya
- 17 Helen Caprioglio
- 18 Kenneth Price  
Hilbert Navarro
- 19 Mike Archuleta
- 20 Donna Nicholas-  
Griesel  
Donna Wheeler
- 21 Michael Parlapiano  
Claudia L. Pratt
- 22 Lorraine Hoyle
- 24 Donna Musgrove
- 26 Jesse Stommel
- 27 Tracy W. Gunn  
Emily Gogarty
- 29 Brian C. Pratt
- 30 Todd Hund  
Tom Musgrove

# Trail Notes: Collegiate Peaks Marathon

by Shaun Gogarty

Perhaps amazingly, the monthly issue of "Footprints" is one of my favorite publications (my literary breadth is very narrow). However, one thing that seems to be lacking is articles about trail running. My own interest in running trails stems from my living location (Greenhorn Valley) with its proximity to many trails on Greenhorn Mountain, and the fact that trail races allow you more excuses for slow finish times. So, Gary willing, I will attempt to add a "Trail Notes" to each issue of "Footprints" and, hopefully, not detract too much from the excellent quality of this publication.

April is early in the season for most trail races, but every year Buena Vista puts on its "Collegiate Peaks Marathon," which consists of 25- and 50-mile races. It's a beautiful location but subject to "spring" conditions. Spring in Buena Vista means the snow is wet, and the six inches already accumulated by my arrival time on Friday made me think twice about slogging – I mean running – the next day. Fortunately, breaking trail is not a problem near the rear so I was there in the crowd of 250 as the "go" was yelled.

The race typically goes 25 miles up through the hills on the east of Buena Vista, starting at 7,900 feet and climbing most of 18 miles to a high point about 10,900 feet. This year the snow was too deep to get supplies to the aid stations, so a new 12.5-mile loop was quickly organized. The first quarter-mile was deceptively pleasant along a gently sloping dirt/mud road down to a bridge crossing. Everything went well until 250 of us crossed the bridge simultaneously and then funneled onto the single track, which was a 10-inch-wide, 8-inch-deep snow/ice trough that ran up a steep, rocky slope for about a mile.

After the funneling and the long lineup on the single track with virtually nowhere to



pass, I was feeling pretty good that my typically bad time could be easily excused by overcrowding and slow running by those in front of me. The single track opened up on the old railroad bed for about 2 miles, and then it was a 5- or 6-mile loop of jeep trails and single tracks over hill and dale before returning to the railroad bed. Of course, there was snow the entire way, but the temperature was a pleasant 35 degrees or so with no wind.

The final return leg of the trip down the hill to the bridge was exactly that – a trip. The trail looked like a demolition derby of people. People who had never met suddenly became closely acquainted as they tumbled into each other on the icy slopes. The finish was a pleasant site, but, unfortunately, only the halfway point for the 25-milers and the quarter-mark for the real loonies. The male winner of the 25-miler, Dave Mackey, completed the course in 2:41, while the female winner, Becky Flowers, finished in 3:29. The 50-mile race winners were Dale Peterson and Diane Ridgeway with 6:20 and 7:43 finish times, respectively. Overall, it was a fun and interesting race which I'll be sure to sign up for again next year. Who knows, next year the weather might be such that I could even see the Collegiate Peaks.

### Upcoming events:

- **June 5:** Turquoise Lake 20K (Leadville). (719) 486-3581  
Colorado Trail Challenge 50K (Littleton). (303) 973-7575
- **June 26:** Snow Mountain 20K. (303) 443-4743, ext. 4130
- **July 1-3:** Leadville Trail 100 Training Run Weekend. (719) 486-3502
- **July 10:** Snow Mountain Trail Challenge 52.4/37.3/26.2/13.1M. (303) 973-7575
- **July 18:** Mosquito Marathon and 16M. (719) 486-2202

## Join area runners in Section 215 at Boulder



Well, it appears that another big contingent of southeast Colorado runners will be attending the Bolder Boulder that is again scheduled for Memorial Day this year. That's May 31.

The Bolder Boulder is one of the true highlights of the year be-

cause of both the pageantry of the race and the post-race gathering of local runners that takes place in **Section 215 of Folsom Stadium** every year after the race.

They want YOU to join them and help them have fun while cheering on the elite racers.

# Y-Bi Classic Duathlon

**Event Date: April 25, 1999**  
**Results Provided By Mike Orendorff**  
**Overall Winners:**  
 Male: Jeremy Burt, 58:46  
 Female: Traci Case, 1:19:24



**Top local finishers in the Y-Bi Classic were Marijane Martinez & Mike Orendorff.**

## Males

Name	Age	Bike	Run	Total
<i>(bike time includes transition)</i>				
<b>Male 15 To 19</b>				
1, Ottersberg, Blake, Pueblo	16	27:11.66	47:48.15	1:14:59.81
2, Young, Michael J., USAFA	19	38:28.80	41:09.18	1:19:37.98
<b>Male 20 To 24</b>				
1, Burt, Jeremy, Colo. Springs	24	27:20.94	31:25.26	58:46.20
2, Lemelson, Leo, USAFA	21	30:31.77	40:02.60	1:10:34.37
3, Hale, Jon, Denver	24	31:17.58	42:31.46	1:13:49.04
4, Anderson, Eric, -	23	33:10.59	43:16.37	1:16:26.96
5, Rosales, Brian, USAFA	20	38:42.18	42:11.08	1:20:53.26
<b>Male 25 To 29</b>				
1, Richardson, Chris, Denver	26	27:19.33	34:34.15	1:01:53.48
2, Gabalski, Daniel, Golden	27	29:29.18	36:01.58	1:05:30.76
3, McElhane, Brent, Boulder	27	33:01.28	34:54.83	1:07:56.11
4, Haug, Ryan, Colo. Springs	26	30:40.25	39:17.33	1:09:57.58
5, Sherman, Matt, Pueblo	26	30:40.13	41:27.89	1:12:08.02
6, Herr, Larry, Colorado Springs	28	34:17.43	43:09.88	1:17:27.31
7, Bursnall, Douglas, Manitou	28	35:26.64	45:03.73	1:20:30.37
8, Loewenkamp, Steve, Ft. Collins	28	30:28.68	54:40.72	1:25:09.40
9, Tillman, George, -	27	51:33.20	1:01:15.01	1:52:48.21
<b>Male 30 To 34</b>				
1, Eisman, Darrin, Boulder	34	27:38.41	31:58.32	59:36.73
2, Stary, Chuck,	31	27:35.51	34:30.07	1:02:05.58
3, Salyers, Paul, Denver	34	30:13.17	34:48.79	1:05:01.96
4, Plog, Thomas, Englewood	32	0:00.00	0:00.00	1:14:32.04
5, Tuttle, David, Colorado Springs	32	35:36.54	41:47.59	1:17:24.13
6, Carrington, Dwayne, Ft. Carson	33	35:10.27	43:53.30	1:19:03.57
7, Murray, Kent, Colo. Springs	30	30:44.11	51:23.42	1:22:07.53
8, McConnel, Mike, Pueblo	31	34:54.75	50:04.08	1:24:58.83
<b>Male 35 To 39</b>				
1, Wertheim, Charlie,	36	27:22.38	32:28.53	59:50.91
2, Dallam, George, Colo. Springs	39	27:31.75	38:32.35	1:06:04.10
3, Koch, Mark, Pueblo	39	30:15.22	36:23.28	1:06:38.50
4, Seidman, Larry, Colo. Springs	35	30:52.92	36:21.84	1:07:14.76
5, Johnson, Kenny,	36	33:19.58	36:38.92	1:09:58.50
6, Wason, David,	37	32:00.59	38:00.42	1:10:01.01
7, Mendoza, David, Denver	37	35:04.60	41:16.18	1:16:20.78
8, Chamillard, Albert, Colorado	36	34:23.83	45:24.07	1:19:47.90
9, Miller, Lowell, Canon City	35	38:08.95	49:35.05	1:27:44.00
10, Fisher, Mark, Colo. Springs	36	42:46.43	47:24.50	1:30:10.93
11, Archuleta, Mike, Pueblo	38	42:49.05	49:43.35	1:32:32.40
12, Rocco, David, Littleton	35	40:51.37	51:46.34	1:32:37.71
<b>Male 40 To 44</b>				
1, Delmez, John, -	42	27:26.67	32:41.43	1:00:08.10
2, Noleen, Woody, Colo. Springs	43	27:36.43	35:42.23	1:03:18.66
3, Hadley, Rich, Florence	43	37:01.61	36:21.20	1:13:22.81
4, Yosten, Scott, Littleton	42	30:34.75	44:39.03	1:15:13.78
5, Khosla, Rocky, Pueblo	40	35:40.12	40:09.23	1:15:49.35
6, Goodwin, Timothy, Colorado	41	33:51.19	42:02.31	1:15:53.50
7, Kennedy, Grant, Colo. Springs	41	30:46.76	47:18.83	1:18:05.59
8, Chacon, Paul, -	44	33:38.75	44:39.56	1:18:18.31
9, Trujillo, Jay, -	41	40:45.21	39:52.35	1:20:37.56
10, Banocosky, Bill, Littleton	40	34:58.75	48:01.24	1:22:59.99
11, Bangert, Mitch, -	41	42:20.64	52:04.83	1:34:25.47
<b>Male 45 To 49</b>				
1, Orendorff, Michael, Pueblo	47	27:23.33	34:55.13	1:02:18.46
2, Stecher, Mark, Louisville	49	31:02.74	40:04.85	1:11:07.59
3, Leyva, Nick, Pueblo	45	36:38.54	42:29.56	1:19:08.10
4, Shepperdson, Martin, Colorado	45	35:28.01	45:07.42	1:20:35.43

5, Finnegan, Terry, Colo. Springs	46	36:53.51	44:11.67	1:21:05.18
6, Robinson, James, Pueblo	47	43:31.88	38:09.94	1:21:41.82
7, Fuhrmann, Stephen, Monument	48	34:43.09	50:13.65	1:24:56.74
8, Borries, Buzz, Colo. Springs	46	37:55.43	47:22.86	1:25:18.29
9, Ottersberg, Martin, Pueblo	47	34:50.90	57:24.37	1:32:15.27
10, Riggs, Kim -	47	50:06.52	51:57.20	1:42:03.72

### Male 50 To 54

1, Diaz, Dave M., Pueblo	50	33:53.16	38:23.20	1:12:16.36
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### Male 55 To 59

1, Balles, George, Pueblo	55	40:04.04	53:14.98	1:33:19.02
2, Roth, Ken, Colorado Springs	56	47:36.16	52:03.90	1:39:40.06

### Male 60 To 64

1, Whitney, Wayne, Pueblo West	60	41:24.67	54:09.42	1:35:34.09
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### Male 65 To 69

1, Whitney, Ken, Greeley	69	38:04.19	45:03.05	1:23:07.24
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### Male 70 And Older

1, Holiman, John, Pueblo	72	45:04.26	51:55.32	1:36:59.58
2, Puls, Gerald, Pueblo	73	44:36.33	56:34.36	1:41:10.69
3, Larson, Bill, Larkspur	74	45:41.64	1:02:15.39	1:47:57.03

## Females

### Female 19 And Under

1, Soltis, Stephanie, USAFA	19	44:06.70	51:48.82	1:35:55.52
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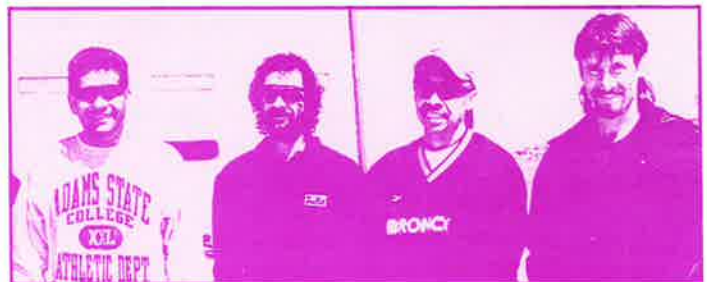
### Female 20 To 24

1, Whittingham, Julie	23	36:37.49	45:01.47	1:21:38.96
2, Wagner, Laureen, USAFA	20	37:23.33	45:26.79	1:22:50.12
3, Karlstad, Julia	22	-	-	1:34:36.82

### Female 25 To 29

1, Loewenkamp, Jo Lynn, Ft. Collins	28	36:36.86	48:27.24	1:25:04.10
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*Continued on Page 6*



**Pueblo & Hinterlands Division athletes who participated in the Y-Bi Classic Duathlon were (from left) Nick Leyva, Paul Chacon, Dave Diaz and Mark Koch.**

*Photo by George Balles*

# Cinco de Mayo 10K

Race held May 2, 1999 at State Fair  
Results provided by Jeff Arnold

Thanks to all for a successful Cinco race

**Overall winners:**

Male - Royce Banda Nuñez, 32:15  
Female - Rita Vigil, 39:53

Continued from Page 1

Runner	Age	Time
1 Royce Banda Nuñez	32	32:15
2 Efrain Moreno	29	32:15
3 Juan Gonzales Quintana	20	33:57
4 Chris Borton	23	34:27
5 Antonio Cisneros	43	35:40
6 Paul Koch	30	35:41
7 Mark Koch	39	37:00
8 Mike Orendorff	47	37:07
9 Woody Noleen	43	37:17
10 John Shanks	40	37:30
11 Rick Shoulberg	38	37:35
12 Fausto Olivias Orona	52	37:55
13 Pat Magman	23	38:06
14 Larry Volk	35	38:14
15 Jason Ramos	26	38:55
16 Francisco Paredes Aleman	44	39:13
17 Ben Valdez	39	39:16
18 Robert Santoya	37	39:46
19 John Walker	36	39:47
20 Rita Vigil	32	39:53
21 James Robinson	47	40:01
22 Dave Diaz	50	40:25
23 Marty Garcia	38	40:50
24 Ross Westley	62	41:30
25 Lawrence Davis	27	41:58
26 Matt Sherman	26	42:28
27 Sam Edwards	42	42:51
28 Sam McClure	45	43:01
29 Argentina Montoya Lopez	20	43:05
30 Anthony Soto	41	43:32
31 Adrian Paredes Rubio	19	44:09
32 Nick Leyva	45	44:16
33 Rick Hough	34	44:26
34 Paul Von derGathen	57	44:29
35 Brian VanBuskirk	23	44:57
36 Jackie Allen	30	45:05
37 Dave Allen	31	45:06
38 Jack Janney	46	45:15
39 Misti Frey	31	45:45
40 Allen Weaver	46	45:59

to convey their gratitude for the generosity of the Southern Colorado Runners as well as the community of Pueblo. They indicated they could not have felt more welcome. For the first time in 10 years, I was asked a question by one of the Chihuahua runners that I hope I answered correctly. He wanted to know how the Pueblo runners felt about the runners from Chihuahua coming to town and walking away with a majority of the awards. I indicated to him that our runners welcomed the competition and looked forward to their yearly visit. I hope I was speaking for all of you.

Others who deserve special thanks are the Pueblo Police Department for taking time to ensure the safety of our runners. In addition, the Sister City Commission

for covering the cost of the pre-race dinner for the runners and their host families.

And let us not forget Doug Leyva and Tomas Duran, who served as lead cyclists to help ensure that no one went off course while also assisting runners in getting across dangerous intersections.

An event like this could not be the success it was were it not for giving individuals such as those I have mentioned. Speaking of giving, a very very special "thank you" goes out to Marty Garcia of Total Terrain, Inc. Without Marty's monetary donation, the Cinco de Mayo would not be the money-making event it is for the Southern Colorado Runners. Thanks, Marty! Great shirt!

To everyone who played a part in the race, please accept a heart-felt "thank you" from those of us. Adios!

41 Mike Borton	43	46:29	60 Jessie Quintana	55	53:22
42 Treva Fowler	22	46:46	61 Maria Elena Weaver	39	53:29
43 Elva Burciaga Garcia	36	47:07	62 Donna Musgrove	50	54:45
44 Jeff Arnold	57	47:40	63 Michael Parlapiano	43	54:58
45 Anthony Diaz	41	48:02	64 Jess Cosyleon	52	55:38
46 Stacey Diaz	38	48:33	65 Brendon Dorsey Spitz	12	56:12
47 Mark House	39	48:38	66 Katherine Singer	58	56:44
48 Marijane Martinez	46	48:59	67 Socorro Marquez	29	57:49
49 Ann Hulett	39	49:12	68 Donna Nicholas-Griesel	52	58:04
50 Hilbert Navarro	58	49:17	69 John Lobato	46	59:00
51 Trisha Ferguson	47	49:43	70 George Alfonso	48	59:30
52 Catharine Gomez	42	50:52	71 Teri Fox	25	1:00:43
53 William VanBuskirk	63	50:54	72 Diana Reno	36	1:02:28
54 Heather Boehm	25	51:15	73 M. Gonzales	47	1:05:24
55 Jeff Cleaver	48	51:59	74 Cheryl McCoy	54	1:09:53
56 Paul Willumstad	49	52:32	75 Heather Perkins	11	1:26:31
57 Boney Cosyleon	49	52:39	76 Elizabeth Perkins	9	1:27:47
58 Sheryl Archuleta	23	53:02	77 Cathy Perkins	60	1:28:05
59 Bruce Batting	62	53:06	78 Danielle Perkins	13	-

## Ramsgate 8K Handicap results

Here are the results of the Ramsgate 8K Prediction Run held on Sunday, April 18, 1999 in Pueblo. Before this race, each runner was required to predict his/her finishing time. Watches were not allowed to be worn during the event. The runner who came closest to finishing at his/her predicted time was the winner.

Name	Predict	Actual	Variance
Dave Diaz	34:00	33:32	0:28
Ben Valdez	34:00	33:09	0:51
Don Pfof	48:30	47:24	1:06
Bill Vegas	38:00	36:53	1:07
Melinda Badgley-Orendorff	56:00	54:42	1:18
Matt Sherman	36:00	34:34	1:26
Richard Santoya	35:00	32:55	2:05
Mike Orendorff	34:00	31:45	2:15
Marijane Martinez	46:00	43:28	2:32
Nick Leyva	40:30	37:15	3:15
Rita Vigil	43:44	39:49	3:55



## Y-Bi Classic Duathlon

Continued from Page 5

2, Mohr, Monica, Florence	25	54:44.15	1:13:10.20	2:07:54.35
<b>Female 30 To 34</b>				
1, Case, Traci L., Golden	30	36:02.84	43:21.54	1:19:24.38
2, Edwards, Mary P., C. Springs	31	47:53.02	55:07.91	1:43:00.93
<b>Female 35 To 39</b>				
1, Eisman, Jill, Boulder	35	44:21.90	1:08:00.72	1:52:22.62
<b>Female 40 To 44</b>				
1, Robinson, Helen, Pueblo	40	39:28.76	46:36.99	1:26:05.75
<b>Female 45 To 49</b>				
1, Martinez, Marijane, Pueblo	46	40:48.16	44:34.96	1:25:23.12
<b>Female 50 To 54</b>				
1, Wheeler, Donna, Colo. Springs	50	41:05.93	49:37.40	1:30:43.33
2, Kinzy, Carol Ann, Pueblo	51	45:24.72	57:31.36	1:42:56.08
<b>Female 60 To 64</b>				
1, Perkins, Cathy, Pueblo	60	1:00:27.89	1:18:21.24	2:18:49.13

# 1999 Racing Calendar



## Pueblo County - Canon City corridor

<b>May</b>			
22	Sat	9:00AM	Run for the Summit, 5K ..... Pueblo West (719) 547-4125 Evangelic Free Church
29	Sat	8:00AM	Run for Rio, 4.2M Run/Walk ..... Rye Park, Rye (719) 440-1601
<b>June</b>			
11	Fri	6:15PM	Holy Family Fun Run, 5K Run/1.5M Walk ..... Lakeview (719) 547-4187
12	Sat	8:00AM	Canon City River Run, 5K & 10K ..... Canon City (719) 275-1578
12	Sat	8:00AM	Festival Run/Walk, 5K & 10K Run & Walk ... Chem. Depot (719) 549-4716
<b>July</b>			
3	Sat	8:00AM	Pioneer Run, 5K Run/Walk ..... Hollydot Golf Course Colorado City (719) 676-3353
10	Sat	8:00AM	Women's Distance Festival, 5K Run/Walk .. City Park (719) 564-6043
24	Sat	8:00AM	HARP Riverwalk Run, 5K Run/Walk ..... Union Avenue (719) 547-9037

## Other areas

<b>May</b>			
23	Sun		Clean Air Challenge, 5K Run/Walk ... City Park, Denver (303) 388-4327
31	Mon		Bolder Boulder, 10K ..... Boulder (303) 444-RACE
<b>June</b>			
6	Sun		Garden of the Gods 10-Mile Run ..... Colorado Springs (719) 473-2625
6	Sun		Run With The Stars, 5K ..... Washington Park, Denver (303) 694-2030
12	Sat		Colorado Family Classic, 5K ..... City Park, Denver (303) 694-2030
19	Sat		Run the Ridge at Peregrine, 5K ..... Woodmen Rd., Colo. Springs (719) 596-3507
20	Sun		Safehouse 5K, Run/Walk ..... Washington Park, Denver (303) 762-8585
26	Sat		Sailin' Shoes, 5K, 10K, & Kids ..... Acacia Park, Colo. Springs (719) 596-3507
27	Sun		Founders Run, 8K Run & 5K Walk ... Coors Field, Denver (303) 282-9020
<b>July</b>			
3	Sat		Firecracker 5K & 10K Trail Run ..... Colorado Springs (719) 473-2625

## Regional Marathons (& others of interest)

<b>May</b>	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
<b>June</b>	29	Paper Chase – Amarillo, Texas ..... (806) 345-3451
	30	Wyoming – Laramie, WY ..... (307) 635-3316
	6	Steamboat – Steamboat, CO ..... (970) 879-0880
	6	Taos, NM ..... (505) 776-1860
	12	Park City – Park City, Utah ..... (801) 451-0517
<b>July</b>	19	Grandma's – Duluth, MN ..... (218) 727-0947
	27	FILA Sky Mara. – Aspen, CO ..... (212) 714-1280
	11	San Francisco, CA ..... (916) 983-4622
<b>Sept.</b>	17	Mosquito – Leadville, CO ..... (800) 933-3910
	24	Deseret News (& 10K) – Salt Lake City ..... (801) 237-2135
	25	Kokopelli Trail (& Half) – Grand Junction ..... (970) 242-7802
<b>October</b>	26	Duke City – Albuquerque ..... (505) 890-1018
	2	St. George – Utah ..... (801) 634-5850
<b>November</b>	3	Twin Cities – St. Paul, Minn. .... (612) 673-0778
	7	New York City ..... (212) 423-2249
<b>December</b>	5	California International – Sacramento ..... (916) 983-4622



## Other known 1999 races

- **June 13**  
Strawberry Shortcut,  
Glenwood Springs
- **July 17**  
Pteranodon Ptrot – GJ
- **July 18**  
Desert Sun Half-Ironman
- **August 7**  
Beulah Challenge
- **August 14**  
Georgetown to Idaho  
Springs Half-Marathon
- **August 21**  
Pikes Peak Ascent
- **August 21**  
Leadville Trail 100M
- **August 22**  
Pikes Peak Marathon
- **August 28**  
Creede Mountain Run
- **September 11**  
Imogene Pass – Ouray
- **September 12**  
Race for the Cure, CS
- **September 18**  
Run for the Rose 5K
- **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.



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



## Stats that rule

- Team in Training raised \$3 million in 1999 for leukemia research. – *National Leukemia Association*
- Up to 80% of a person's natural weight is determined by genetic inheritance. – *Obesity researchers*
- Exercise-induced asthma affects 12% of Americans. – *"Men's Health" magazine*
- 77.4% of SCR members contacted in a random survey said reading issues of "Footprints" has caused them to suffer from asthma. – *Pollsters Unlimited*

# A perfectly straight report on local races

by the Editor

## The state of racing

Gee, doesn't that heading sound important? Well, actually, I was just looking at the racing calendar for the next few months and it sure looks busy. Sort of like my daily To-Do List. If you want to test your racing prowess, you can find a race in the Pueblo-to-Denver corridor just about every weekend. Here's some information about the local stuff on the agenda:

### Pueblo and vicinity

• **Run for the Summit** – I don't know much more about this race than I reported in last month's issue, and I didn't know much then. Which probably doesn't surprise you. Anyway, this new 5K race will take place Saturday, May 22, in Pueblo West. An entry form is included with this issue. Read it. You'll be tested later.

• **Run for Rio** – I confess to experiencing a brain lapse about this in last month's issue when I listed it as a 5K in the race calendar. It's actually a 4.2-mile run/walk and it's scheduled for 8 a.m. Saturday, May 29. Great tuneup for the Bolder Boulder, espe-

cially if you are young and recover fast. Some of us don't. Of course, some of us are always injured anyway so it doesn't matter. It will take place at Rye Park in Rye, with the proceeds going to the Rio Martinez Memorial Fund, which awards a college scholarship each year. Enjoy a great pancake breakfast afterward. See 3 of the Franchis participate. Sorry, no Chewta, though.

• **Holy Family Run** – Lori Gregory always does a good job with this one. But she has to since her hubby, Lenny, runs it every year and would let her know if she messed up. This race will happen Friday evening, June 11, with the walkers starting at 6:15 and runners at 6:30. There are always a million or so cool post-race giveaways. This was your beloved editor's last race in 1998.

• **The next day** – That really isn't the name of the race, but I just wanted to see if you were on your toes. The day after the Holy Family Run, there are 2 races scheduled – **The Canon City River Run** and the **Festival Run/Walk** at the Pueblo Chemical Depot. The home of mustard gas will give prize money. All I can tell you about the River Run is that it's sort of under a new regime. Haven't seen any entry forms for it.

For the soul ...

Fitness should be play. The key to a successful fitness program is to find a place to play and people to play with. – *the late Dr. George Sheehan*

## SOUTHERN COLORADO RUNNERS

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### Keep your sources of running inspiration 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)