



EDITOR: Gary Franchi

FOOTPRINTS

The choice for any millenium.

A "supersized" June 1999 edition

Cosyleon battles Cosyleon at 1999 Bolder Boulder

by Marijane Martinez

Pictured at right are Boney Cosyleon and daughter Eva. What they are holding is the \$100 bill that they had bet on who would finish first in the 1999 Bolder Boulder 10K. Boney recently turned 50 and Eva 20.

The story of their Bolder Boulder 10K was told to me by Boney as follows: "We ran together until Folsom and then she pulled away from me and kept looking back. I tried but just couldn't catch her."

The story as Eva told it was as follows: "I kicked my dad's butt!" Actually, that isn't the way Eva told it, but as they say in the newspaper world, editor's prerogative!

When it was all said and done, Eva had crossed the finish line in 53:54 and her father in 54:28. I'm no math major, but doesn't that amount to just \$13 shy of \$1 per second! Not to shabby for a 10K run. Congratulations, Eva!

Rumor has it that dad wanted to go double or nothing on the Garden of the Gods 10-mile run the following Sunday, but in looking at the results it's probably a good thing he didn't. Eva's time was 1:35:10 and Boney's 1:35:46! As they say in Mexico, Boney, "son los anos."



Boney Cosyleon and daughter Eva battled for this \$100 bill.

Photo by Marijane Martinez

The showing of Pueblo and nearby area runners at the 1999 Bolder Boulder was impressive. The weather cooperated and the post-race activities at the stadium were awesome as usual. As in past years, a good time was had by all. Time to go; I have to reserve rooms for next year!

SCR Home Page

I reported last month that the SCR had a new Home Page on the World Wide Web. That was true. However, since then the SCR has laid claim to a new domain name that is instantly recognizable:

<http://www.socorunners.org/>

Club member Ken Raich deserves multitudes of plaudits for both developing the Home Page and doing what was necessary to get us the domain name. Thanks, Ken! He already has submitted that name to the RRCA so it will appear in its various listings.

Ken has some good ideas for enhancing our Home Page further, and he also would like to hear about any ideas you might have for it. You can e-mail him at kentech@pobox.com.

"Footprints" seeks editor(s)



It's time to pass the torch.

After 15 years as newsletter editor for the Southern Colorado Runners, yours truly will be stepping down from this position at the end of the year – or sooner if possible.

Hence, the SCR is looking for someone(s) to take over as editor(s) of "Footprints." Be aware that there are a number of regular contributors to this newsletter who ease the task considerably. Plus, I promise to "hold your hand" while you go through the learning curve.

If you are interested, please contact myself or an SCR officer at one of the phone numbers listed on Page 2. This is your chance to make a real name for yourself.





Chewta says:

"I overheard some SCR members saying the Gold Dust Saloon's new location down the street on Union Avenue is really the bomb. And it's got outdoor patios, which means my master will be able to bring me. Cool! If you see me there, remember that I like beef treats. Till then, see ya! Ruff! Ruff!"



Club Picnic on tap July 18

One of the club's social highlights of the year will take place Sunday, July 18, when the annual SCR Picnic is held at Greenhorn Meadows Park in Colorado City. This is for club members and their families, and the food will be catered by Pasta Cottage. The chow will include mostacolli, chicken, meatballs, Italian sausage, rolls and salad. The SCR will provide the liquid refreshment and will pick up the cost for club members. Karin Romero will be providing a homemade cake. The picnic will include many special games for kids and some for adults. There will be softball (so bring your glove if you have one), volleyball, maybe some horse-shoes, etc.

Rocky on Fitness

The bottom line on androstenedione

by Rocky Khosla, M.D.

Well, now that the baseball season is well under way, I thought that it would be fun to have a sing-along:



*"Take me out to the ballgame,
Take me out with the crowd,
Buy me some peants and androstenedione,
I don't care if I never get back."*

Wait a minute, you say. That doesn't sound right. Shouldn't it be "I don't care if I EVER get back."? What a kidder I am, huh? Actually, the issue of a certain now well-known baseball player using a supplement called androstenedione has become a hot topic, since this is openly available over the counter in most health food stores. But does this stuff work and is this what has accounted for MM having set a new record for the most home runs hit in a regular season last year? And are there any potential ill effects from using this stuff?

Well, baseball fans, the answers to some of these questions can be found in the June 2, 1999 issue of the *Journal of the American Medical Association* (also known as JAMA). A group of physiologists from Iowa State looked at the short- and long-term effects of androstenedione on 30 healthy men between the ages of 19 and 29.

Now, the whole idea of using androstenedione is that it is a chemical precursor to testosterone, and you would think that by increasing the supply of androstenedione you might have a higher level of testosterone. And by having a higher level of testosterone, you may be able to increase muscle mass and strength, not to mention develop a new-found love for death and destruction movies like Rambo. But in this study, the males who got the androstenedione did not increase their serum levels of testosterone, but they did have higher levels of the female hormones estrogen and estadiol.

How can this be? Well, it turns out that androstenedione can be turned into testosterone or it can be aromatized to estrogenic compounds by all sorts of tissues such as muscle and fat in both men and women. Higher levels of estrogens in males can lead to a condition called gynecomastia (increased amounts of breast tissue), and higher levels of estradiol in men can lead to an increased risk of pancreatic cancer. Also, higher levels of androstenedione can, by itself, lead to an increase in the risk of developing prostatic and pancreatic cancer in men.

Further findings in this study showed that there was no significant gain in muscle mass, lean body mass or strength when comparing males taking 300 mg/day of androstenedione compared to males taking placebo when both groups engaged in similar weight training and dietary regimens. The androstenedione group did have a significant reduction in the good type of cholesterol (called HDL cholesterol) as well as a significant elevation in the bad type of cholesterol (called LDL cholesterol).

I think the bottom line with androstenedione is that there doesn't seem to be a lot of benefits (actually none), while there are some real potential risks. Therefore, I am recommending that all of you folks not mess with this stuff.

Till the next time, take me out of the ball game, and just buy me some peanuts and Cracker Jacks.



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. 215.8

"Footprints" is the newsletter produced monthly by, about and for the SCR membership. All members are mailed copies of the newsletter to prove to them that the Southern Colorado Runners actually does exist.

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, Billy Blanks (*)	

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, thereby proving to family and relatives that they don't have a life.

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 suck big time.

(*) - Billy Blanks is the guy who is hauling in millions since authoring the *Tae-Bo* videos.



Great (& so-so) Stuff

by Gary Franchi



A month's worth of thoughts

Thought for today's lunch, compliments of Carol Leifer: *"I'm not into working out. My philosophy: No pain, no pain."*

Musings on running, fitness, life, etc.: Pueblo has gotten all kinds of new chain business stores over the last few years, but how about a **Just for Feet** outlet so we can start getting some real running shoe deals? There aren't a whole lotta running shoe deals around here. At least Gart Sports tries, but its store at the Pueblo Mall seldom has in stock the running shoes that go on sale each Friday in their other stores. You see the sale ads and then -- poof! -- you get excited for nothing. It's sort of like a microcosm of life.

Researchers have found that it takes a week for a **body's internal clock** to return to normal after a daylight-savings time change. A week? Mine still hasn't adjusted to the fall change, let alone the more recent "spring forward."

I'd like to see some **bozo athlete** who uses performance-enhancing drugs tell the truth for a change and use this motto: *"I want to win. But if I can't win honestly, I'll find a way to cheat and win."*

By the way, anybody remember who won the elite division of the **Bolder Boulder**? Didn't think so.

I find it amusing that a guy swims with a **snorkel** and fins while doing laps in the YMCA pool. Not as amusing is when he puts his wet snorkel and fins on the bench in the locker room so no one else is able to sit on the bench.



Editorial consultant Nick Nasch wonders what would happen if runners would follow the American trend by **supersizing** all their workouts. Actually, I think it's the rest of America that should try supersizing a few workouts.

While traveling north to see sonny boy compete in the state track meet in Fountain this spring, I noticed that there is a gigantic

sign off the side of I-25 that notes the exit for Pikes Peak International Raceway. Unfortunately, it says **Pikes Peak International ROADWAY** instead. Well, gee, ya can't get everything right.

I was driving over the Fourth Street Bridge in Pueblo when two young and carefree members of society decided to sprint between cars and cross from one side of the bridge to the other. You know something, it ain't easy. Not exactly bright either. As I was calling them "frickin' idiots" under my breath, I had this vision of a stupid runner doing the same thing a few times over the years. Yeah, me.

Ever wonder how much it costs to have a **booth at the Bolder Boulder Expo**? Try 800 geeks. That stat comes from SCR member Lori Stavang, inventor of the **Runner's Guard** arm wrap pouch. Lori would have to sell quite a few of those arm wrap pouches to pay for that booth.

10 things I was just wondering:

- Wouldn't it be great if Keds paid millions of dollars and became "The official shoe of the Summer Olympics?"
- Why can't they invent grocery store shopping carts that you can pull apart when they're stacked together?
- If cows could think, what would they think about?
- What if they shot the starting gun at a race and no one started running?
- Are you going to tell me that monkeys really prefer bananas to cheeseburgers?
- What if a baseball pitcher refused to throw the ball?
- Will Fat Tire beer be available at aid stations during the Fat Tire Classic bicycle tour that is scheduled for June 26-27 in Winter Park?
- If it's good to rotate two pairs of running shoes so that they'll dry completely, why not just have one pair and stick 'em in the dryer?
- How can there possibly be such a thing as the "Alford Plea" which allows someone to plead guilty without admitting guilt?
- Are the birds that have been skydiving near stoplights really going after miller moths or are they just showing off?

Till the next time, have a great life, gang!

Ultimate in idiocy item of the month:

New evidence emerging in the wake of the Salt Lake City Olympic scandal suggests that the International Olympic Committee is soft on drugs. The IOC earns this month's *Lights are Dim Award* for word that it sometimes discards positive drug-testing results in order to not tarnish the image of the Olympic Games and for continuing to use ineffective testing methods that athletes can outwit and challenge.



Movie Line of the month:

"A lie becomes truth only when you start to believe it."

The "mentor" in this series of movies came up with this line in one of his endless philosophical moments. Guess the speaker and which movie in the series he uttered these words and earn a free visit to the video store of your choice.

Answers below.

Pat Mortia in "Karate Kid - Part II"

Answers:



Trail Notes: An "epic" of a Squirrel Creek run

by Shaun Gogarty

Collegiate Peaks results

After reading Shaun Gogarty's piece on the Collegiate Peaks Marathon in last month's issue, club member Laura Schilf of Cañon City thought she'd pass along how these local runners did in the race:

25-mile race

Paul Koch	2:52:32
Shaun Gogarty	3:53:15
Laura Schilf	4:37:28
Cheryl McCoy	6:14:33
Donna Nicholas-Griesel	6:34:11

50-mile race

Jackie Allen	9:35:21
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Racing stuff I'll just bet you didn't know

- The inaugural **Boulder Backroads Marathon** is set for Sept. 26. This will be the first marathon in Boulder in more than 15 years, although I don't remember Boulder ever having one.
- The entry form for the **Grand Prix of Running** in Colorado Springs listed the incorrect date for the Sallin' Shoes 5K & 10K. It's June 26th; NOT June 19.
- Plans to conduct a new fall marathon in Denver have once again been pushed back a year to the year 2000. It is to be called the **Mile High City Marathon**.

In mountain climbing, an "epic" is a trip that you would not have done by choice but unfortunately find yourself in the middle of because of conditions, circumstances or acquaintances. An epic is only a hair's breadth away from a tragedy. Climbers who are involved in too many epics tend to get unofficially put on a black list. Running is not usually considered to have epic events or trips. However, this is the story of a running epic, used to illustrate some important rules of trail running.

I've run several races with, or should I say behind, Rich Hadley and he seemed like a nice enough fellow. So when he asked me about running down Second Mace, cutting over on Dome Rock Trail, and then going up Squirrel Creek with him, I thought it would be a lot of fun. There had been rumors of an "epic"-like run that he had led the year before on Greenhorn Trail, but I dismissed them as unfounded gossip. **Rule #1:** Gossip is generally based on some truth.

We met at the Davenport Campground, which is about 3 miles north of San Isabel. Rich described the route with a few words and some waves of his hand. I knew I couldn't keep up with him, so I was a little nervous about the route finding, but I was reassured by the orange marking tape that Rich put in his waist band. Unfortunately, that was about the last I saw of Rich or the orange tape.

The first mile is a steep climb out of the canyon and onto the ridge to the north. At that point, it intersects Mace Trail, which comes from Bishop's Castle. If I'd been smart, I would have gone left to the castle and then taken the road around to the car -- about 3.5 miles. Unfortunately, I trusted Rich and went right and then made another right turn a mile or so later where the sign said "Squirrel



Creek 2.5 miles." Five miles later there was a fence in front of me, no trail under me and a Beulah farm house next to me. I knew that either my route-finding or Rich's trail-marking skills were very poor. **Rule #2:** Know your route - never trust your partner.

The only trail was behind me and I hate backtracking. I knew Squirrel Creek must be to the south, so I began bushwacking

through scrub oak-covered hills. About 2 miles later, I finally stumbled onto Squirrel Creek Trail. The bell I run with saved me from seeing any bears, but by that time my legs looked like I'd been mauled anyway. **Rule #3:** Taking a machete on some runs might help compensate for poor route-finding skills.

Squirrel Creek from Beulah to Davenport Campground is about 5 miles of reasonable uphill grade. It is beautiful, but the lower 1.5 miles has many creek crossings (easily avoided if you can find Rich's Dome Rock Trail). The spring high water had washed out all of the log bridges. It was nice to wash off all the blood, but by the thirteenth cold-water crossing it felt like I was running on frozen stumps. Of course, maybe they were just numb from running twice as far as planned. **Rule #4:** Chain saws are heavy but can "correct" seasonal trail changes.

Rich was waiting at the finish of his "really enjoyable" 8-miler and my "epic" 12-mile loop. I looked like I had been part of the Donner Party, while he appeared to have never broken a sweat. Rich is fast, but I think I found another reason for his success: he eliminates the competition. **Rule #5:** When taking trips with know "epic" runners, the equipment of Rules 3 & 4 is best left at home to help avoid "accidents" at the run's end. (Ed. Note - **Rule #6:** Never trust Hadley.)

Upcoming Events

- **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 and 13.1-miles - (303) 973-7575.
- **July 18:** Mosquito Marathon and 16M - (719) 486-2202.
- **July 24:** Grin & Bear It Trail Run, Crested Butte - (970) 349-5326.
- **Aug. 21-22:** Leadville Trail 100 - (719) 486-3502.

COME SEE OUR NEW DIGS!

Check out the front & back patio dining areas, too!

GOLD DUST SALOON
M•RID INC.

217 South Union Avenue



Ordinary Mortals Triathlon

Event Date: May 15, 1999.
Results Provided By Mike Orendorff.

Overall Winners:

Male: Jeremy Burt, 58:46
Female: Traci Case, 1:19:24

(Bike time includes both transitions)

Male Division

Name	Age	Swim	Bike	Run	Total
10 to 14					
1, Andrews, Landen	14	8:12.55	52:34.45	21:49.00	1:22:36.00
15 to 19					
1, Ottersberg, Blake	16	7:32.55	32:06.45	21:11.00	1:00:50.00
2, Mitchell, Caleb	17	8:27.41	43:27.59	27:05.00	1:19:00.00
20 to 24					
1, Burt, Jeremy	24	7:58.29	32:00.71	16:52.00	56:51.00
2, Woltman, Brian	24	7:18.59	33:27.41	20:27.00	1:01:13.00
3, Giron, Marcus	23	8:54.82	40:14.18	23:58.00	1:13:07.00
4, Trumpp, Zachary	23	10:10.82	39:22.18	23:35.00	1:13:08.00
5, Davila, Jaime R.	24	11:53.47	42:29.53	23:49.00	1:18:12.00
6, Swatek, Ryder	23	10:39.25	44:56.75	28:18.00	1:23:54.00
7, D'amico, Mike	24	7:29.43	44:30.57	32:34.00	1:24:34.00
8, Bagley, Justin A.	23	10:41.38	50:30.62	23:38.00	1:24:50.00
9, Janaitis, Bram	24	11:22.77	51:03.23	25:44.00	1:28:10.00
25 to 29					
1, Peterson, Eric	27	6:14.67	29:51.33	18:23.00	54:29.00
2, Richardson, Chris	26	7:26.32	31:27.68	18:27.00	57:21.00
3, Romero, Gerald	27	9:54.00	36:02.00	17:58.00	1:03:54.00
4, Herr, Larry	28	6:27.16	-	-	1:04:17.00
5, Below, Scott	29	9:16.14	35:04.86	22:09.00	1:06:30.00
6, Houghton, Kevin	25	8:47.42	34:15.58	24:09.00	1:07:12.00
7, Gleiman, Seth	26	7:36.44	35:46.56	24:05.00	1:07:28.00
8, Watson, Keith D.	28	9:10.12	35:55.88	22:30.00	1:07:36.00
9, Wade, Bill	29	8:57.56	39:42.44	20:39.00	1:09:19.00
10, Steckley, Justin	25	9:09.00	39:44.00	24:51.00	1:13:44.00
11, Kassira, Gassan	29	8:29.46	42:56.54	25:15.00	1:16:41.00
12, Tapia, Sean	29	9:31.99	43:44.01	27:42.00	1:20:58.00
13, Hathaway, Brook A.	27	10:49.76	46:24.24	26:01.00	1:23:15.00
14, Stevens, Tyler	28	10:01.59	45:41.41	29:53.00	1:25:36.00
15, Porta, Matthew	25	13:06.24	47:57.76	25:37.00	1:26:41.00
16, Zwolfer, Robert	28	9:18.65	55:20.35	27:37.00	1:32:16.00
17, Goldstein, Martin	28	9:35.26	50:26.74	32:39.00	1:32:41.00
30 to 34					
1, Sandell, Tim	34	7:01.39	30:57.61	18:42.00	56:41.00
2, Ruhser, Rich	32	7:11.63	33:18.37	20:54.00	1:01:24.00
3, Tanner, Gregory	30	7:10.33	35:42.67	22:06.00	1:04:59.00
4, Weiser, Steven	30	9:15.15	35:39.85	20:47.00	1:05:42.00
5, Murnock, Greg	31	8:18.50	35:25.50	22:10.00	1:05:54.00
6, Wold, Roderick	31	8:32.01	36:16.99	21:07.00	1:05:56.00
7, Hart, Steve	32	10:13.61	36:46.39	22:13.00	1:09:13.00
8, Keffler, D. Michael	32	10:24.25	36:29.75	23:50.00	1:10:44.00
9, Graff, Dale A.	30	10:36.09	37:52.91	22:32.00	1:11:01.00
10, Plog, Esq., Thomas	32	9:42.54	40:58.46	21:38.00	1:12:19.00
11, Duckels, Thomas	34	9:54.33	45:37.67	23:01.00	1:18:33.00
12, Tidwell, Clay	31	9:44.12	42:45.88	27:11.00	1:19:41.00
13, Mcconnel, Mike	31	12:10.60	42:07.40	26:56.00	1:21:14.00
14, Knapp, David D.	34	12:47.24	46:32.76	22:15.00	1:21:35.00
15, Johnson, Robert S.	30	10:42.32	48:10.68	25:46.00	1:24:39.00
16, Korpela, James	34	12:18.98	50:05.02	23:33.00	1:25:57.00
17, Deyoung, Rich	30	13:05.75	45:40.25	27:41.00	1:26:27.00
18, Barkley, Osie	30	10:38.90	49:18.10	26:54.00	1:26:51.00
19, Lamberson, Ron	34	12:38.27	46:48.73	28:08.00	1:27:35.00
20, Lott, Russell	32	12:29.55	50:27.45	28:45.00	1:31:42.00
21, Sisneros, George	32	12:52.46	48:52.54	30:45.00	1:32:30.00
22, Felton, Timothy	32	12:09.35	57:37.65	27:03.00	1:36:50.00
23, Carol, Ari	34	16:22.42	-	-	1:49:14.00
24, Nichols, Paul	34	11:59.93	48:19.07	1:34:32	2:34:51.00



Among the top local finishers in the 8th annual Ordinary Mortals Triathlon were Blake Ottersberg and Marijane Martinez. Both Blake and Marijane were 1st in their respective age divisions.

Photo by George Balles

35 to 39					
1, Beal, Thomas E.	35	8:26.84	34:34.16	19:35.00	1:02:36.00
2, Gavach, Mark	35	8:13.85	36:39.15	21:46.00	1:06:39.00
3, Brigham, Stephen J.	39	11:47.25	-	-	1:11:00.00
4, Berghoefer, Chuck	39	13:02.09	40:45.91	21:13.00	1:15:01.00
5, Montavon, Kent	36	9:50.50	39:10.50	27:17.00	1:16:18.00
6, Averill, Brad	35	11:27.54	41:20.46	23:44.00	1:16:32.00
7, Heurlin, Bob	38	9:59.66	39:21.34	27:52.00	1:17:13.00
8, Baker, Bill	39	11:20.87	42:40.13	25:27.00	1:19:28.00
9, Kahler, Jeff	39	11:54.10	44:48.90	25:32.00	1:22:15.00
10, Moffatt, Brandt	35	13:25.26	-	-	1:22:44.00
11, Vlcek, George	39	10:49.23	46:28.77	27:14.00	1:24:32.00
12, Archuleta, Mike	38	14:21.04	-	-	1:25:39.00
13, Fuss, Randy	39	15:11.64	43:28.36	28:01.00	1:26:41.00
14, Goodman, Drew	36	13:35.66	-	-	1:27:21.00
15, Choice, Terry L.	38	18:00.78	45:24.22	27:26.00	1:30:51.00
40 to 44					
1, Noleen, Woody	43	7:47.23	33:00.77	19:29.00	1:00:17.00
2, Sigley, Glenn	41	8:33.46	32:32.54	23:24.00	1:04:30.00
3, Yosten, Scott	42	8:21.22	34:40.78	23:06.00	1:06:08.00
4, Streeter, Ric	40	9:56.25	35:11.75	21:03.00	1:06:11.00
5, Ghent, Rick	41	8:41.27	35:47.73	23:25.00	1:07:54.00
6, Khosla, Rocky	40	9:57.81	42:08.19	21:50.00	1:13:56.00
7, Gimlin, Dennis Ray	43	10:24.27	43:05.73	25:28.00	1:18:58.00
8, Kunimune, Mark	42	10:45.57	50:29.43	17:57.90	1:19:12.90
9, Conrad, Thomas	41	10:27.50	44:52.50	25:26.00	1:20:46.00
10, Smith, Dale	40	12:01.86	42:28.14	26:49.00	1:21:19.00
11, Norris, Steve J.	42	11:37.97	49:51.03	23:40.00	1:25:09.00
12, Pasma, Stephen E.	40	10:34.66	45:05.34	32:15.00	1:27:55.00
13, Mize, Mitch	44	11:36.94	50:01.06	37:07.00	1:38:45.00
45 to 49					
1, Orendorff, Michael	47	8:17.92	31:44.08	19:06.00	59:08.00
2, Stecher, Mark	49	11:55.66	-	-	1:11:59.00
3, Flint, Jim	47	12:13.35	39:04.65	24:15.00	1:15:33.00
4, Borries, Buzz	46	10:07.86	42:09.14	25:02.00	1:17:19.00
5, Leyva, Nick	45	13:22.12	42:31.88	22:45.00	1:18:39.00
6, Tomada, Patrick	46	14:51.18	38:19.82	26:26.00	1:19:37.00
7, Ottersberg, Martin	47	10:06.97	42:15.03	32:22.00	1:24:44.00



Ordinary Mortals Triathlon

Continued from Page 5

8, Clark, Steven A.	47	13:52.82	43:37.18	28:39.00	1:26:09.00
9, English, Jim	45	13:54.09	48:06.91	26:54.00	1:28:55.00
10, Blair, Michael A.	47	13:13.83	51:34.17	35:10.00	1:39:58.00
50 to 54					
1, Moore, Frank	50	8:21.28	33:39.72	20:16.00	1:02:17.00
2, Plotz, Kenneth M.	51	9:53.77	35:27.23	22:12.00	1:07:33.00
3, Myers, Roger	50	9:10.78	35:38.22	24:13.00	1:09:02.00
4, McGuire, Robin K.	53	8:55.30	37:58.70	22:52.00	1:09:46.00
5, Duthie, Dana	53	10:22.51	39:48.49	29:04.00	1:19:15.00
6, Franchi, Gary	50	9:44.97	48:36.03	27:08.00	1:25:29.00
7, Twark, James	51	12:36.68	45:46.32	27:38.00	1:26:01.00
8, McWhorter, Paul	50	12:39.36	50:22.64	31:10.00	1:34:12.00
55 to 59					
1, Chambers, Tom	56	9:14.55	43:42.45	25:07.00	1:18:04.00
2, Balles, George	55	13:12.27	42:48.73	26:50.00	1:22:51.00
60 to 64					
1, Murray, Bruce	62	8:11.65	39:48.35	24:50.00	1:12:50.00
2, Whitford, Don	61	12:31.36	41:41.64	26:13.00	1:20:26.00
3, Ormond, Curt	62	9:32.18	46:20.82	33:06.00	1:28:59.00

Female Division

10 to 14					
1, Twark, Claire	13	11:50.46	48:06.54	30:34.00	1:30:31.00
19 and under					
1, Orendorff, Patricia	18	10:31.14	42:51.86	33:37.00	1:27:00.00
20 to 24					
1, Swift, Lisa	23	10:55.29	41:28.71	25:12.00	1:17:36.00
2, Bagley, Janelle L.	23	14:23.31	1:02:28.69	29:04.00	1:45:56.00
25 to 29					
1, Turtle, Carolanne	25	6:46.08	35:47.92	21:09.00	1:03:43.00
2, Doyle, Alice	29	9:25.24	40:07.76	21:43.00	1:11:16.00
3, Van Cuyk, Sheila	29	10:17.54	39:08.46	22:30.00	1:11:56.00
4, Imgrund, Becky	28	8:31.05	42:17.95	22:30.00	1:13:19.00
5, Rucker, Katharine B.	26	7:36.21	39:30.79	31:27.00	1:18:34.00
6, Howard, Jill	28	11:37.73	42:59.27	25:29.00	1:20:06.00
7, Lang, Jara N.	29	7:26.89	44:57.11	28:32.00	1:20:56.00
8, Aronson, Molly	28	9:26.03	46:59.97	28:11.00	1:24:37.00
9, Scribner, Tina	28	9:33.98	48:09.02	27:53.00	1:25:36.00
10, Riddle, Julie	29	15:53.42	45:16.58	28:24.00	1:29:34.00
11, Blake, Lisa M.	25	9:10.74	48:38.26	34:40.00	1:32:29.00
12, French, Janelle	25	12:53.69	51:47.31	31:31.00	1:36:12.00
13, Roberts, Amy	27	11:36.67	57:08.33	30:54.00	1:39:39.00
14, Westhoven, Teresa	27	11:13.04	56:31.96	33:34.00	1:41:19.00
15, McCauley, Shannon	27	12:45.86	59:35.14	29:10.00	1:41:31.00
16, Grosshans, Christine	28	14:01.94	1:02:13.06	38:22.00	1:54:37.00
30 to 34					
1, Meyers, Beth A.	32	8:13.92	33:49.08	21:38.00	1:03:41.00
2, McKenna, Heidi C.	32	8:25.51	36:40.49	19:34.00	1:04:40.00
3, Shampain, Ellen	33	9:03.07	34:39.93	24:23.00	1:08:06.00
4, Millhauser, Ingrid	32	9:02.31	36:24.69	23:15.00	1:08:42.00
5, Case, Traci L.	30	9:04.96	39:50.04	24:42.00	1:13:37.00
6, Tebon, Renee	32	10:10.55	42:41.45	21:37.00	1:14:29.00
7, Long, Sharilyn	34	8:40.89	39:13.11	26:38.00	1:14:32.00
8, Hinson, Gretchen	33	12:00.72	39:21.28	23:16.00	1:14:38.00
9, Murnock, Lorrie	30	10:25.67	39:52.33	24:22.00	1:14:40.00
10, Erdman, Sarah	33	10:20.67	38:46.33	25:53.00	1:15:00.00
11, Walker, Heidi	34	11:19.95	44:26.05	26:20.00	1:22:06.00
12, Goodman, Kristi	31	9:45.99	47:18.01	25:22.00	1:22:26.00
13, Barton, Amylynn	31	9:44.16	46:05.84	26:45.00	1:22:35.00
14, Love, Sandy	33	9:06.58	46:26.42	27:46.00	1:23:19.00
15, Hammer, Laurel	30	13:09.70	48:16.30	22:02.00	1:23:28.00
16, Baker, Traci M.	33	11:40:64	46:58:36	25:33:00	1:24:12.00
17, Chambers, Jennifer	30	8:23.63	47:54.37	28:18.00	1:24:36.00
18, Moffatt, Kim	34	12:04.86	-	-	1:24:49.00
19, Hille, Monica	31	13:32.73	44:26.27	27:26.00	1:25:25.00



Multi-sport veteran George Balles, a frequent photo contributor to issues of "Footprints," is shown here with first-time triathlete Mike McConnell. Mike is a former powerlifter who has taken up cross-training to add balance to his exercise regimen.

Photo by a friend of George Balles

20, Clark, Sheryl L.	31	12:41.40	46:05.60	28:28.00	1:27:15.00
21, Lechner, A. Tableau	30	14:51.23	43:31.77	29:50.00	1:28:13.00
22, Mabry, Kathryn	34	7:24.01	50:25.99	32:29.00	1:30:19.00
23, Hansen, Gina	32	8:54.30	48:21.70	35:16.00	1:32:32.00
24, Wasson, Marla M.	33	13:25.26	59:54.74	32:18.00	1:45:38.00
35 to 39					
1, Harper, Holli	39	7:47.97	34:52.03	22:09.00	1:04:49.00
2, Dursthoff, Peggy	39	7:45.91	38:23.09	24:20.00	1:10:29.00
3, Childers, Alice	39	8:11.96	38:31.04	24:34.00	1:11:17.00
4, Eggert, Kim K.	37	9:29.61	42:15.39	26:03.00	1:17:48.00
5, Van Devander, Pat	39	10:53.42	44:09.58	24:13.00	1:19:16.00
6, Hakanson, April	36	10:31.21	41:41.79	27:05.00	1:19:18.00
7, Des Enfants, Chris	36	8:38.44	45:38.56	26:27.00	1:20:44.00
8, Converse, Sherry	35	12:02.29	42:19.71	30:41.00	1:25:03.00
9, Buiting, Susan	38	10:29.90	47:34.10	27:49.00	1:25:53.00
10, Wallner, Lisa	36	9:50.36	46:35.64	30:59.00	1:27:25.00
11, Wesselink, Lyn	37	10:34.99	45:30.01	32:13.00	1:28:18.00
12, Cordle, Jane	35	10:11.27	48:15.73	31:52.00	1:30:19.00
13, Focht, Joy	35	10:22.52	52:29.48	28:04.00	1:30:56.00
14, Timmons, Jeanne	35	13:39.90	-	-	1:31:01.00
15, Holm, Elaine P.	38	15:49.13	47:08.87	29:24.00	1:32:22.00
16, Powell, Belinda	35	14:12.67	54:56.33	26:40.00	1:35:49.00
17, Towey, Patricia A.	37	12:32.20	54:52.80	31:19.00	1:38:44.00
18, Vorce, Katy	37	13:18.85	55:21.15	32:01.00	1:40:41.00
19, Andress, Carol	37	8:42.58	1:01:48.42	33:18.00	1:43:49.00
20, Anders, Barbara	39	9:59.64	57:26.36	42:37.00	1:50:03.00
21, Johnson, Sheri L.	35	13:22.85	1:05:56.15	36:37.00	1:55:56.00
22, Lee, Linda	36	17:54.95	1:09:14.05	32:23.00	1:59:32.00
40 to 44					
1, Stoer-Wenger, Mary	44	10:46.35	38:36.65	23:13.00	1:12:36.00
2, Walters, Lisa M.	40	11:33.93	43:33.07	22:29.00	1:17:36.00
3, Kautza, Cathy	41	12:29.49	44:56.51	24:43.00	1:22:09.00
4, Hewitt, Barb	40	9:08.18	45:46.82	30:12.00	1:25:07.00
5, Peterson, Robin	42	10:42.03	51:33.97	28:35.00	1:30:51.00
45 to 49					
1, Martinez, Marijane	46	14:04.80	46:28.20	25:29.00	1:26:02.00
2, Chenoweth, Debbie	46	13:52.16	45:02.84	30:38.00	1:29:33.00
50 to 54					
1, Devaughn, Carla	53	9:55.16	36:37.84	24:51.00	1:11:24.00
2, Russell, Judith	52	11:16.30	45:51.70	28:11.00	1:25:19.00
3, Obrecht, Dawn	50	9:00.48	44:38.52	32:05.00	1:25:44.00
4, Kinzy, Carol Ann	51	12:00.50	51:50.50	34:18.00	1:38:09.00
5, Turtle, Nancy	51	11:31.66	54:02.34	36:28.00	1:42:02.00
55 to 59					
1, Fady, Karen	57	11:03.80	47:40.20	28:06.00	1:26:50.00

SCR vs. Masters Swim Club listings on Page 7.

Next SCR Meeting

The next SCR meeting will be held at 7 p.m. Tuesday, July 6, at the Pueblo YMCA in downtown Pueblo. Any SCR member may attend and contribute to all discussions.



Misti Frey (left) won the women's 5K division easily while Kyle Reno ran neck and neck with Angelo Aragon before pulling away to win in the final quarter-mile.

Photos by Gary Franchi

Holy Family Parish Fun Run

Races held June 11, 1999.

Results extracted from the bib numbers.

5K Run

Overall winners:

Male – Kyle Reno, 17:56

Female – Misti Frey, 24:00

Runner	Age	Time
1, Kyle Reno	17	17:56
2, Angelo Aragon	41	17:59
3, Robert Santoya	37	19:34
4, Ken Osborn	16	19:40
5, Ross Westley	62	19:48
6, Brook Hathaway	27	21:58
7, Steven Clough	36	22:26
8, Henry Hund	57	22:58
9, John Ulsh	49	23:00
10, Brad Schloss	19	23:25
11, Misti Frey	31	24:00
12, April Bennett	28	24:11
13, Kristi Koschke	17	24:16
14, Len Gregory	56	24:17
15, Mike Archuleta	38	25:08
16, Rebekah Kobilan	16	25:59
17, Dick Greet	60	26:55
18, Andrea Hickman	17	28:21
19, Diana Reno	34	28:30
20, Lisa Clough	34	28:51
21, David Jobe	46	30:34
22, Dee Rogers Brown	60	30:56
23, Jean Halfpop	56	31:49
24, Kathy Ulsh	38	32:07
25, Priscilla Portillos	62	38:12

1.5-Mile Walk

Walker	Age	Time
1, Donna Hickman	45	22:02
2, Vickie Young	13	22:23
3, Dee Dee Young	31	22:26
4, Ashley Hathaway	9	22:28
5, Ryan Hathaway	7	22:31
6, Mary Jane Cabello	51	22:50



Race sponsor Steve Clough, an eye doctor, wheeled his 3-year-old daughter Alex the entire 5K run distance.



Donna Hickman held off the pack to finish 1st in the walk.

Ordinary Mortals - SCR vs. Swim Club

	Age Factor	Sex Factor	Age+Sex Factor	Actual Time	Adjusted Time		
SCR Team							
Marijane Martinez	46	F	0.9159	0.9045	0.8284	1:26:02	1:11:17
Rocky Khosla	40	M	0.9724	1.0000	0.9724	1:13:56	1:11:51
Nick Leyva	45	M	0.9374	1.0000	0.9374	1:18:39	1:13:44
Gary Franchi	50	M	0.9021	1.0000	0.9021	1:25:29	1:17:11
Carol Kinzy	50	F	0.8756	0.9045	0.7920	1:38:09	1:17:46
Mike Archuleta	38	M	0.9860	1.0000	0.9860	1:25:39	1:24:23
TOP 4 TOTAL: 4:54:03							

MASTERS SWIM CLUB

Mike Orendorff	47	M	0.9232	1.0000	0.9232	0:59:08	0:54:35
Blake Ottersberg	17	M	0.9763	1.0000	0.9763	1:00:50	0:59:20
Dennis Gimlin	43	M	0.9504	1.0000	0.9504	1:18:58	1:15:01
Jennifer Chambers	30	F	1.0000	0.9045	0.9045	1:24:36	1:16:28
Mike D'Amico	24	M	1.0000	1.0000	1.0000	1:24:34	1:24:32
Susanne Divelbiss	33	F	(sick and unable to compete)				
TOP 4 TOTAL: 4:25:24							

Canon City River Run

Races held June 12, 1999 at Griffin Park in Canon City.
Results extracted from Daily Record newspaper.

10K (6.2 miles)

Males

Winner: Brett Franz, 35:31
15-19

- 1, Brett Franz 35:31
- 2, Eric Watz 38:09

20-29

- 1, Eddy Ponce 41:33
- 2, Sam Chapman 58:01

30-39

- 1, Dan Paulson 46:06
- 2, Troy Schwindt 49:01
- 3, Sam Watson 57:00

40-49

- 1, Rich Hadley 37:06
- 2, Sam McClure 42:17
- 3, Robert McClury 56:04

50-over

- 1, Les Lunden 51:21

Females

Winner: Jackie Allen, 43:59
20-29

- 1, Monica Ponce 58:27

30-39

- 1, Jackie Allen 43:59
- 2, Mindy Berk 58:02

40-49

- 1, Jane Gebhart 57:58
- 2, Nancy Briley 52:46
- 3, Vicki Griicus 53:30

5K (3.1 miles)

Males

Winner: Ian Burrell, 18:12
14-under

- 1, Ian Burrell 18:12
- 2, Bryan Holloway 31:58

15-19

- 3, Ryan Riley 20:21

20-29

- 1, Eric Gilbert 20:59
- 2, Jonathan Prather 23:39

30-39

- 1, Scott Hughes 21:40
- 2, Michael Kuntz 23:54
- 3, John Freyta 24:38

40-49

- 1, Dean Sandoval 18:36
- 2, Rob Carter 22:27
- 3, Ben Black 24:46

Females

Winner: Kim Wells, 25:19
20-29

- 1, Kim Wells 25:19
- 2, Selina Perron 26:56
- 3, Crystal Traywick 28:05

30-39

- 1, Gladie Miller 29:19

40-49

- 1, Lora Cartner 28:16
- 2, Eldred Chicone 32:47



SCR contingent meets challenge

I hope I didn't miss any-one, but these are the names I recognized among the finishers in the grueling Garden of the Gods 10-Mile Run held in Manitou Springs recently:

Females

Eva Cosyleon	1:35:10
Stacey Diaz	1:32:05
Traci Dworshak	1:14:51
Laura Engleman	1:32:16
Trisha Ferguson	1:38:30
Misti Frey	1:28:15
Lorraine Hoyle	1:24:12
Carol Ann Kinzy	1:29:24
Marijane Martinez	1:29:04
Jessie Quintana	1:34:57
Donna Wheeler	1:38:51

Males

Rich Barrows	1:32:36
Chris Borton	1:04:33
Mike Borton	1:25:13
Boney Cosyleon	1:35:46
Dave Diaz	1:13:02
Geo. Dominguez	1:33:29
Steve Farley	1:18:53
Mark Koch	1:05:44
Sam McClure	1:16:12
Gerald Romero	1:00:03
Robert Santoyo	1:11:22
Matt Sherman	1:16:07
Ben Valdez	1:11:59

Marvin stars in Kansas

The SCR's Marv Bradley of Cañon City established a new Kansas age group record in the 60-64 division with his time of 3:27:37 in the High Plains Marathon. His age-graded time was 3rd best overall. Marv recently completed the Grand Canyon Rim to Rim run in 18 hours and 3 minutes.

Race in Rye honors memory of Rio

by Jeff Arnold

On Saturday of the Memorial Day weekend, forty runners and walkers tackled a hilly 4.2-mile course starting and finishing in Rye Mountain Park to honor the memory of Rio Martinez. Rio, who was looking forward to being a Rye High senior, was killed July 31, 1997. Since then his parents and family have established a fund to provide an annual scholarship for a Rye High School senior.

Prior to his death Rio often talked about running from his family's home near the summit of Bigelow Divide on Highway 165 to the high school. His dad, Jim, decided to make the run for him. Word got out and several classmates, friends and family members decided to join Jim for all or part of the 19-mile run in May of 1998.

This year, Rio's parents decided a more formal race would be a good way to honor Rio's memory and raise money for the scholarship. Rio's mom, Nancy, wanted a shorter run, but she apparently didn't want to make it too easy. There's a little hill about 1.5 miles long that gains almost 500 feet of elevation before turning to a slightly downhill quarter mile to the finish.

Rich Hadley, who was a Rye senior himself 25 years ago, let young whippersnappers Kyle Reno and Joel Dagnillo fly into the lead for the first two downhill miles but then ate them up on his way to a nearly two-minute margin of victory. Or as Diana Reno said to her second place-finishing son, "Age and treachery always defeat youth and strength."

Jessica Gogarty, Rio's friend and cross country teammate, was the first female finisher. Her cousin, 14-year-old Heather Amarine from Parker, was the first youth (under 15) finisher. Deb Dagnillo, Joel's mom, took home the trophy for first female walker and Jessica's uncle, Dave Klaversma, was the first male walker. Eight-year-old Chris Serracino took the final trophy by walking his way to the male youth award.

4.2-mile run/walk held May 29 in Rye.

Results provided by Jeff Arnold.

Overall Winners:			19 Heather Amerine	14	46:26
Male – Rich Hadley, 28:27			20 Gloria Gogarty	42	46:26
Female – Jessica Gogarty, 38:22			21 Deb Dagnillo 1st W	41	49:08
Name			22 Tom McKenna	63	50:35
Age			23 Jim Martinez	54	50:39
Time			24 Sandra McKenna	47	50:41
1 Rich Hadley	43	28:27	25 Jeff Bailey	34	50:47
2 Kyle Reno	17	30:14	26 Christine Bonham	37	53:04
3 Jim Hruby	36	30:27	27 Jo Shrubbe	43	53:17
4 Trevor Hadley	17	30:44	28 Kristan Inman	30	54:10
5 Joel Dagnillo	17	31:02	29 Dave Klaversma	43	54:24
6 Ross Westly	62	32:06	30 Eddy Crow	-	57:06
7 Roy Hughes	46	32:34	31 Chris Serracino	8	1:16:22
8 David Baker	41	33:07	32 Lindsay Rudolph	18	1:16:13
9 Ben Pirraglia	20	33:40	33 Kari Gookin	17	1:18:52
10 Shaun Gogarty	40	33:58	34 Nancy Martinez	51	1:18:52
11 Jim Hale	35	37:05	35 Joann Serracino	41	1:18:52
12 Jeff Arnold	57	37:40	36 Marcus Short	19	1:41:24
13 Jessica Gogarty	17	38:22	37 Linda Short	50	1:41:25
14 Jennifer Alvarado	28	39:39	38 Sheila Henderson	42	1:41:26
15 John Castanha	39	39:45	39 Cordell Henderson	51	1:41:26
16 Gary Franchi	50	40:29	40 Cathy Franchi	49	1:41:27
17 Dick Greet	60	43:32			(PR)
18 Laura Klaversma	45	45:18			

Wanted: Females Of All Ages, Shapes & Sizes!

by Marijane Martinez



The Women's Distance Festival 5K Walk/Run will be held on Saturday, July 10, with the walk beginning at 8:00 a.m. followed by the run at 8:15 a.m. What makes this race special is the fact that it is specifically designed for women only! This nationally sponsored event is excellent for first-timers and yet a fast course for the more serious competitors.

In addition, to our national sponsors – Moving Comfort, Runner's World, and RRCA – we once again have local sponsorship. Joining Dr. Rocky Khosla, Dr. Tomas Duran, Byerly and Cosyleon, Inc., Dr. Richard Rivera, and Corwin Clinic Surgical, P.C. this year is Dr. James Roukema. Thanks to these sponsors we are able to keep the entry fee low. In addition, this year we will be adding finisher medals for all participants as well as a T-shirt, post-race goodies and a variety of excellent prizes that will be drawn following the race.

Please plan on joining us at City Park on Saturday, July 10. Feel free to bring friends and relatives, too – the more the merrier!

Entry forms are available in this newsletter as well as at the YMCA and Gold Dust Saloon. For more information, please call me at 564-6043.



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CALL 1-800-95-ROOST
or
WEB: www.runnersroost.com

colorado springs 107 E bijou 719.632.2633

1999 Racing Calendar



Pueblo County - Canon City corridor

July				
3 Sat	7:30AM	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
		Walk at 8 a.m., run at 8:15		
24 Sat	8:00AM	HARP Riverwalk Run, 5K Run/Walk	Union Avenue	(719) 547-9037
August				
7 Sat	8:00AM	Beulah Challenge, 5K Walk & 10K Run	Beulah School	(719)

Other somewhat nearby areas



June				
26 Sat		Sailin' Shoes, 5K, 10K, & Kids	Acacia Park, Colo. Springs	(719) 596-3507
26 Sat		Rainbow Run, 5K Run/Walk	City Park, Denver	(303) 675-5227
27 Sun		Founders Run, 8K Run & 5K Walk ...	Coors Field, Denver	(303) 282-9020
27 Sun		Wines for Life 5K, Run/Walk	City Park, Denver	(303) 694-2030
July				
3 Sat		Firecracker 5K & 10K Trail Run	Colorado Springs	(719) 473-2625
4 Sun		Freedom Run, 5K Run/Walk	Evergreen	(303) 674-6400
10 Sat		Y Not Run/Walk, 5K Run/1K Walk	Prospect Lake, Colo. Springs	(719) 633-5209
10 Sat		Run for the Son, 5K Run/Walk	City Park, Denver	(303) 297-1815
11 Sun		Blockbuster 10K Run & 5K R/W	Lakewood	(303) 694-2030
17 Sat		Run for Hope, 5K	Prospect Lake, Colo. Springs	(719) 598-2953
22 Sat		One Step Closer 5K Run/Walk	City Park, Denver	(303) 694-2030
24 Sat		Women's Distance Festival, 5K	North Monument Valley Park	(719) 570-1006
			Colorado Springs	
31 Sat		Grand Prix Classic 10K	Colorado Springs	(719) 632-2633
31 Sat		Kids Cure for Cancer, 5K R/W	Englewood	(303) 694-2030
August				
1 Sun		Town Race, 10K & 5K R/W	Evergreen High School	(303) 694-2030
14 Sat		Mayor's Cup, 10K /5K	Woodland Park	(719) 594-6353
22 Sat		Pikes Peak Ascent, 13M	Manitou Springs	(719) 473-2625
23 Sun		Pikes Peak Marathon, 26M	Manitou Springs	(719) 473-2625

Regional Marathons (& others of interest)

June	27	FILA Sky Mara. – Aspen, CO	(212) 714-1280
July	11	San Francisco, CA	(916) 983-4622
	17	Mosquito – Leadville, CO	(800) 933-3910
	24	Deseret News (& 10K) – Salt Lake City	(801) 237-2135
Sept.	19	Montana (Billings)	(406) 248-1685
	25	Kokopelli Trail (& Half) – Grand Junction	(970) 242-7802
	26	Duke City – Albuquerque	(505) 890-1018
October	2	St. George – Utah	(801) 634-5850
	3	Roaring Fork (& Half) – Basalt	(970) 927-9929
	3	Twin Cities – St. Paul, Minn.	(612) 673-0778
	3	Sacramento (CA)	(707) 678-5005
	3	Portland (OR)	(503) 226-1111
November	7	New York City	(212) 423-2249
December	5	California International – Sacramento	(916) 983-4622
	5	Tucson (Ariz.)	(520) 326-9383



Other known 1999 races

- **July 9**
Hard Rock 100 Mile – Silverton
- **July 17**
Pteranodon Ptot – GJ
- **July 18**
Desert Sun Half-Ironman
- **July 18**
Mountain Madness Half-Marathon, Steamboat
- **July 25**
Vail Half-Marathon
- **August 14**
Georgetown to Idaho Springs Half-Marathon
- **August 18**
High Altitude Challenge – Alamosa
- **August 21**
Leadville Trail 100M
- **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 13**
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.ccco.es.edu



Stats that rule

- This year's Ride the Rockies covers 437 miles; last year it was 353 miles. – *Denver Post*
- With ibuprofen or other anti-inflammatories, it takes about 5 doses to build up to the amount necessary to reduce inflammation. – *Runner's World*
- There are 30,000 certified "spinning" instructors in the U.S. – *"The Independent" newspaper*
- 100% of SCR Ride the Rockies riders contacted by Chewta said they require mega-doses of ibuprofen after reading issues of "Footprints." – *Pollsters Unlimited*

Racing notes I discovered while out on bail

by the Editor

Let's talk about Blake

Must be nice to be talented and young. But the best part is that the SCR's Blake Ottersberg works for his success. The South High student, who just turned 17 years old, recently qualified for the U.S. Triathlon team that will compete in the World Championships Sept. 11-12 in Montreal. He did so with a lightning-like performance in an Olympic-distance triathlon held in Claremont, Florida. Blake had a 2:04:26 time on splits of 15:41 for the 1.5K swim (his mom said it was a little short), 1:04:11 for the 40K bike and 42:39 for the 10K run. The week before, he had a 2:17:02 time in a triathlon held in Columbia, Maryland. That event had a legitimate 1.5K swim distance and a 41K bike to go with the 10K run. In Columbia, Blake was the 73rd finisher out of 882 competitors.

By the time you read this, Blake will have competed in several more triathlons including the Junior Nationals in Roswell, NM, another in Vineman, California, and who knows where else. The major airlines would like to thank his parents, Jody and Martin, for flying him all over the country.

Pioneer 5K

Kick off your July 4th weekend by running the Pioneer 5K on Saturday, July 3, in the fine town of Colorado City on the Hollydot golf course. This is a run/walk. Greenhorn Valley merchants are again providing some excellent prizes. The race starts at 7:30 a.m., and there will be a **FREE** pancake breakfast from 8-10 a.m. at the Church of Jesus Christ of Latter-Day Saints in nearby Rye. Chewta says: "Be there!"

HARP Riverwalk Run/Walk

For the first time, part of this 5K race will take place on the Riverwalk when it is held on Saturday, July 24, beginning at 8 a.m. Competitors, well at least the elite ones, will be competing for \$1,500 in cash prizes. You and I won't win a stinkin' nickel. The race is promoted as a "whole family" event, yet the only available T-shirt sizes are M, L and XL. So what about 8-year-old Mary? Why can't she get a size S shirt? Go figure.

Beulah Challenge

This August 7 race is back in its Saturday slot, which church-goers will appreciate. This is a great course in a great area.

For the soul ...

"For me, fitness is more than personal. If I stay fit and healthy, I believe everyone benefits." – Frank Espinosa

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

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Keep your brilliant sources of fitness 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