



EDITOR: Gary Franchi

FOOTPRINTS

The choice for any millenium.

A truly explosive July 1999 edition

G-L-O-R-I-A

Bringing it home here at the finish of the Pioneer 5K Run/Walk is Gloria Gogarty of Colorado City, just ahead of Mike Archuleta of Pueblo. A fine turnout of nearly 70 runners and walkers took part in the July 3 race held on the golf cart trails and the fairways of the Hollydot Golf Course in Colorado City. They were treated to a fine race, tons of giveaways after the race, and an excellent free pancake breakfast at the Jesus Christ Church of Latter Day Saints in Rye. For more on the race, turn to Page 5 inside this edition.

Photo by Gary Franchi



Editor(s) sought for "Footprints"

by Gary Franchi

As noted in last month's issue, the Southern Colorado Runners is seeking a new editor(s) of its "Footprints" newsletter. Vast journalistic knowledge is not necessary for the person or persons filling this position.

Did you know that you can become a star in the SCR when you become its Editor? Your beloved current editor has found fame, if not fortune, during his term. Respect from the membership comes with the territory. You TOO could be idolized by thousands of fitness fans.

Now, I know there are talented folks out there who are capable of filling this position. Don't be timid; step forward. I promise to help you for as long as you need assistance during the transition period. In fact, I'd like to continue writing for "Footprints" indefinitely if the new editor(s) will permit me.

Being the Editor is not that tough. There are several regular contributors who do most of the writing. About all you have to do is put it all together.

If you are interested, please contact myself (676-4100, evenings) 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.

A special breed of people

If there is a higher-quality class of people than runners, I'm not aware of it. Runners run for special causes such as to help find cures for cancer. Some of them bike to help fund research for multiple sclerosis. Right here in our own club, many runners and walkers have donated bucks to help the SCR upgrade its race day equipment.

But to me, one of the most caring

persons within the realm of running is Rashad Williams, a 15-year-old prep trackster from San Francisco. Rashad raised \$15,000 by soliciting sponsors and running in the Bay-to-Breakers race to help pay the mountainous medical expenses incurred by Lance Kirklín in the Columbine High School tragedy. Denver had a Rashad Williams Day. A nice gesture for a super person.





Chewta says:

"Hello, fellow runners. I say 'fellow runners' because I'm a runner, too, and I can really fly. I don't poop out either. Anyway, I wanted to tell you that my master says the turnout at races by volunteers lately has been much better. He says the volunteers are very much appreciated. He also says the SCR can use some help at a couple of upcoming races - the HARP 5K on July 24 and the Beulah Challenge in early August. If you can help out at these, please do so. Volunteers earning a certain number of points will be given Cool-Max shirts at year's end. If you DO help out at one or both of these races, I promise to give you a big sloppy kiss when you show up at my master's house for the Nirvana Run in September. Ruff! Ruff!"

Thanks, Ken!

Many thanks to the SCR's Ken Raich for providing race clocks at the mile marks of the Women's Distance Festival.

Sunday runs

To beat the heat, the group of SCR runners who meet at the City Park swimming pool parking lot for a long run are now gathering at 6:30 a.m. each Sunday. They invite you to join them.

Rocky on Fitness

Xenical can help the seriously obese



by Rocky Khosla, M.D.

There has been quite a buzz about a new weight-loss medicine called Xenical, so I thought it would be a good idea to talk about it.

Xenical is a lipase inhibitor that is approved for weight loss in patients who are obese. This drug works by blocking a significant amount of fat absorption from the gut. Its use is to be considered only in patients who have significant obesity, where the BMI (body mass index) is at least 27 or more.

So, you say, how do I figure out my BMI? Well, the easy way is to get a chart where you read the BMI based on your height and weight. The harder way is the following formula:

$$\text{BMI} = [\text{weight in pounds}/\text{height in inches squared}] \times 704.5$$


So, for a 5'4", 180-pound person (the sex of the person doesn't make a difference), their BMI would be $[180/4096] \times 704.5 = 30.96$. There, wasn't that easy! And next, we'll all have some fun with linear algebra! But seriously, folks, as cumbersome as this whole BMI thing looks, you are going to hear lots more about this.

Ideally, your BMI should be 25 or lower. If yours is 25 to 27, most of us would recommend increasing your physical activity and getting on a reasonable diet as well as making some lifestyle changes. If your BMI is above 27 but less than 30, then a low-calorie diet along with the above suggestions may be a sound initial approach. If your BMI is above 30, most of us would think about using therapies such as Xenical.

Xenical is usually dosed at 120 mg. three

times a day with food, and the most common side-effects are gastrointestinal. It can cause diarrhea and bloating, especially if the person taking it continues to eat fatty foods. Also, it would be wise to take a multivitamin if you are going to be on Xenical, since it can decrease absorption of vitamins that are fat soluble from the gut (vitamin A, D, E and K). Lastly, people on Xenical will invariably notice they have yellowish-orange stools, and this is not at all anything to worry about. As far as cost is concerned, a month's worth of Xenical will cost on average about \$115, and most insurances have not been paying for it.

Till the next time, wishing you good health and much happiness.



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. 216 or so

"Footprints" is the newsletter produced monthly by, about and for the SCR membership. All members are mailed copies of the newsletter whether they want to receive them or not. So there!

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, Tom Bodette (*)	

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, say "hi" to everyone and then leave to find something better to do.

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 lack spiritualism.

**We're now located at
217 Union Avenue.
Come check us out there!**



217 South Union Avenue

(*) - Tom Bodette is the guy in the Motel 6 radio commercials who promises to "leave on a light for you."



Great (& so-so) Stuff

by Gary Franchi



The "experts" know best

Thought for today's lunch, compliments of Franklin P. Jones: "You can learn many things from children. How much patience you have, for instance."

Musings on running, fitness, life, etc.:

I receive a weekly online newsletter from *Runner's World*. It's not the greatest, but each issue does have some worthwhile stuff such as a training tip, a couple of health and fitness notes, and instant access to World Wide Web sites containing both runner interviews and some big, timely running stories.

But it's got some real dogs on there, too. For instance, a recent "Editor's Advice" article gave this bit of expert revelation: "When temperatures soar over 90 this summer, try to run in the early morning. It's so nice to get it done in the relative cool of dawn, and you'll feel good about it all day long."

Oh, really! Gee, what a concept. It must have taken at least minutes of research to come up with that explosive bit of information

SCR member Robert Santoyo keeps moving faster. For one, Robert no longer gets along only on his bicycle. Recently, he purchased his first car – an '87 Cutlass Sierra – and is enjoying tooling around town. But it's Robert's running that has drawn the most notice. His times keep dropping, and I can just smell a super Pikes Peak Ascent time for him next month.

You know, there sure are some really good young runners in this area. You've read about and/or seen photos of the Dorsey-Spitz kids, Aaron Lopez, Blake Ottersberg and others in previous issues of "Footprints." But there are a couple of new faces. Trevor Hadley of Florence comes to mind. With Rich as his dad, he's a chip off the old block. Kyle Reno of Pueblo County High is another. Now those are two 17-year-olds who have really improved, and they've dueled each other in recent races. Kyle won the male division of the Holy Family 5K Run recently. He's pictured on this page with Misty Frey.

Man, if they stay healthy and motivated, we could be seeing some big things from them in the upcoming school year.

It was nice to see the kaleidoscope of folks at the club's picnic July 18. It wasn't too nice to be pelted with all that rain and to have the picnic canceled early on. It would have been nice to hang out with and get to know all of you better, and we appreciate many of you making the trip to Beulah, some from as far away as Cheraw. Sorry the weather sucked. Thanks much to Karin and Gil Romero for opening up their home in Beulah to us afterward. The next SCR social gathering will be the Nirvana Run and potluck dinner on Saturday, Sept. 4, at the home of yours truly in Colorado City. This is a 6:30 p.m. race, and we'd love to see you there.



Kyle Reno and Misti Frey at the Holy Family Run. Photo by Gary Franchi

10 things I was just wondering:

- If vacuuming out port-potties after big road races isn't the worst job in the world, what is?
- I read where 97% of the readers of climbing magazines spend a significant amount of their free time climbing. So why do the other 3% read the magazines?
- My thought as I was running on Fourth Street above the River Trail: Is there an uglier outdoor sign than the one at the Maple House restaurant?

- Where were all the walkers last month at the Holy Family Run, which had only 6 walkers?
- I read where the National Sleep Foundation claims that 15% of kids admit to falling asleep in school. My question: Why don't the other 85% admit it?
- When driving down a dirt road, how come you never see a sign that says: "Extra wide bridge ahead."
- Dontcha just wish there was instant retribution by God against people who hog all the bench space in the locker room with their gear?
- Home come 400 speed film costs more than 200 and 100 speed film and never is on sale?
- What if no one stuck around after a race for the awards ceremony?
- What were the officials thinking when they made the Boulder Peak Triathlon, instead of the Desert Sun Half-Ironman, the Hawaii Ironman qualifier for Colorado?

*

Well, gang, till the next time, have a truly memorable existence.

Ultimate in idiocy item of the month:

The Bhabha Atomic Research Center in India earns the *Lights Are Dim Award* for July. This mush tank discovered that mice injected with caffeine survived high doses of normally lethal radiation. They're now thinking this could work for humans, too. Now when in everyday life could this ever be useful? A possible scenario:

Mary: "Gee, Bob, since we're going to be visiting Cheynobyl tomorrow, maybe we should drink a ton of coffee today."

Bob: "What do you think, Hazel Nut or French Vanilla?"
Poor mice.



Movie Line of the month:

"Lookit, I love this man and there's no way I'm going to give him up to some two-faced, big-haired food critic."

Chick flick. They've been raving about this one. A \$20 million-per-movie lady stars in it, but she wasn't the speaker above. Guess who was, and the movie, and earn the right to watch the video over and over and over and ...

Answers:
"Wedding"
"My Best Friend's"
Cameron Diaz in



Trail Notes: Turquoise Lake 20K

by Shaun Gogarty



Some stuff I'll just bet you didn't know

- The Colorado Marathon, which I've never heard of, will be relocated this year and will be held at Cherry Creek State Park on Oct. 17.
- The 4-year-old milk ad campaign that shows celebrities with milk on their upper lips is a \$110 million-a-year campaign that costs consumers nearly 2 cents a gallon. Isn't that nice to know?
- Did you notice that the High Altitude Challenge flyers inserted in last month's newsletter had a contact fax number but not a contact phone number. Why not?
- Mary Slaney has been stripped of her silver medal from the 1997 world championships after track authorities determined that she failed a drug test 3 years ago.

Ann ran the Garden, too

I didn't recognize the name of Pueblo West's Ann Hulett in the list of Garden of the Gods because she had just become an SCR member. Ann finished the race in a not-too-shabby 1:32 time.



Lying in bed the night before the race, I began to get a little anxious about participating. Maybe it was because I had never done this race before, or just a feeling of inadequate preparation. Perhaps it was the fact that I was waking up every hour or so gasping for air. No, it wasn't an asthma attack. It was hypoxia as I tried to sleep at 10,000 feet. In the morning, I was suppose to run the Turquoise Lake 20k just outside of Leadville.

By morning, I had partially acclimatized and was no longer gasping for air: that is, if I stayed very still. The sky was a beautiful sun-filled blue, but once we walked outside we realized that June 5 in Leadville is still early spring. The temperature was just barely above freezing and there was snow along parts of the route. The elevation gain had caught me unprepared aerobically and in terms of attire, but what is trail running if not an adventure!



About 400 people began the race in the parking lot of the "Matchless Boat Ramp" on the S.E. side of Turquoise Lake. I always get a rush at the start as hundreds of feet pound together down the first part of the course. In a 5k, it really helps me get through a significant part of the course. In the longer runs, unfortunately, the crowd quickly pulls ahead and just serves to remind me how much more training I need.

Most people like to go over a course before they run it. I prefer the unknown. Perhaps I'm afraid I wouldn't even start if I really knew the length and difficulty of a course. At the start of this race, I looked out across the lake and thought I could see the entire course. The route circumnavigated the lake and that looked pretty easy. Within the first 5k, I knew why it had looked so easy: I could only see about half the lake from the start. Now a seemingly endless body of water stretched up the canyon before me. I began to seriously consider a swim to shorten the course.

The route comes from the boat ramp around the south end of the lake across the dam. This, and the first 10k is actually on pavement, but it has the feel of a trail run with beautiful views along a road with almost no traffic. In fact, you can even look up at the scenery without fear of a face plant over a rock or root. The course description said it went around the lake, so I erroneously assumed a relatively flat course and ignored the "total climb about 800 feet" part of the brochure. During the first 7k, we actually climbed two rather large hills - about 1k and 3k of climbing, respectively. At the top of the

second hill, 7k into the race, we gratefully came to the first water stop.

Running down the hill to the north end of the lake was a welcome relief over the next couple of kilometers. I think I'm a pretty good downhill runner, but some 40ish-looking guy came smoking past me on that part of the course. Since I couldn't beat him running, I tried to engage him in conversation, hoping to distract him from his objective and perhaps keep up with him. Unfortunately, he was committed and cruised on by with a wave and only a word or two.

Finally at the end of the lake we hit the trail that would take us the remaining 9k back to the start/finish. This was the best of the course: a wonderful dirt, single-track path with never more than 50 yards of climbing at a time. We ran across some beautiful creeks that cascaded down through aspen and pine forest, all the while being able to look out across the lake and up at the snow-covered peaks surrounding Leadville. The 400 runners had by now spread out considerably, so the trail was not crowded and even provided areas where people could pass. It was beautiful, but I also have to admit that part of the fun for me was catching and passing the "40ish-looking guy."

The race ended where it started - in the parking lot. There were great prizes for winners (I saw some of them) and a drawing. Also, there was undoubtedly one of the best food feasts I have seen at any race. Next year, I'll be back.

Upcoming Events:

- August 14: Twilight Trail 10K & 20K @ Chatfield. 303-973-7575
- August 21-22: Leadville Trail 100. 719-486-3502
- September 11: Imogene Pass Run. www.csbservices.com
- September 25: Kokopelli Trail Marathon & 50K. 970-928-0468
- October 16: Mile High Trail Challenge, 100M/50M/33M/16M. 303-973-7575

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Pioneer 5K Run & Walk

5K (3.1 miles) races held July 3, 1999
on the Hollydot Golf Course in Colorado City.
Results extracted from the race bibs.



Hey, let's talk about race flyers

The SCR does a great service to organizations who put on races by inserting race flyers in its newsletters for FREE. Most clubs charge groups for this service. The Pikes Peak Road Runners, for example, charges \$50 to have race flyers inserted in its newsletter. However, in order to get the non-profit bulk rate from the Post Office, we need to mail at least 200 newsletters, and all of them have to be identical in terms of their contents. Hence, groups wanting their race flyers in our newsletter need to give us AT LEAST 200 copies of their flyer. **I always want 225** because sometimes we have to send more than 200 newsletters.

I'm going on and on about this because last month, two groups didn't provide us with the required 200 flyers: One of them was only 7 short and I've spoken to her, but the other group - from out of town - was 23 flyers short. C'mon, that's ridiculous! If you can't count the number of flyers you provide us with, then don't bother getting them to us. If this happens again, we may refuse to insert flyers from now on.

5K Run

Runner	City	Age	Time
1, Shane Fanning	Pueblo	26	17:35
2, Andrew Hackler	Pueblo	31	18:08
3, Tim Vigil	Pueblo	35	18:13
4, Rich Hadley	Florence	43	18:39
5, Mike Orendorff	Pueblo	47	18:45
6, Aaron Lopez	Pueblo	14	19:14
7, Trevor Hadley	Florence	17	19:41
8, Kyle Reno	Pueblo	17	19:51
9, Mark Nolan	Pueblo West	17	20:03
10, Dave Diaz	Pueblo	50	20:37
11, Shaun Gogarty	Colorado City	40	21:32
12, David Baker	Pueblo	41	21:35
13, Jim Romero	Denver	59	22:41
14, Brian Van Buskirk	Golden	23	22:43
15, Gerald Ure	Pueblo West	41	22:50
16, Nick Leyva	Pueblo	45	23:07
17, Jason Amick	Pueblo West	16	23:10
18, Derek Maune	Wichita, KS	18	23:30
19, Stan Hren	Las Animas	57	23:45
20, Eric Ure	Pueblo West	16	24:02
21, Doug Leyva	Pueblo	15	24:18
22, Aaron Ure	Pueblo West	17	24:22
23, Stuart Maune	Wichita, KS	16	24:24
24, Gary Franchi	Colorado City	50	24:25
25, Stacey Diaz	Pueblo	38	24:45
<i>(first female finisher)</i>			
26, Roberto Luna-Kanes	Littleton	26	24:57
27, Jessica Gogarty	Colorado City	17	24:57
28, John Castanha	Rye	39	25:16
29, Rebekah Kobilan	Pueblo	17	25:39
30, Brad Van BuBuskirk	x	38	25:42
31, Marijane Martinez	Pueblo	47	25:50
32, Bill Van Buskirk	Lamar	63	26:30
33, Jim Martinez	Trinidad	54	26:55
34, Kelly Hale	Colorado City	31	26:55
35, Greg Smith	Colorado City	13	27:30
36, Gloria Gogarty	Colorado City	42	27:34
37, Mike Archuleta	Pueblo	39	27:37
38, Diane Lopez	Pueblo	41	27:42
39, Robert Nolan	Pueblo West	13	28:13
40, Aaron Stewart	Rye	13	28:13
42, Logan Gogarty	Colorado City	10	28:14
43, Dick Greet	Rye	60	28:26



Overall Run division winners Stacey Diaz and Shane Fanning.

Photos by Gary Franchi

44, Andrea Hickman	Pueblo West	17	28:44
45, Aaron Berndt	Rye	10	28:47
46, Frank Jaquez	Cañon City	56	29:04
47, Amy Fanning	Pueblo	24	29:18
48, Diana Reno	Pueblo	36	29:22
49, Susan Dallaguardia	Rye	40	29:21
50, Kathy Spencer	Pueblo West	48	30:10
51, Cheryl Ammeter	x	36	31:26
52, Night Otter Vigil	Golden	49	31:57
53, Sandra McKenna	Walsenburg	47	31:58
54, Ava Castanha	Rye	41	31:58
55, Tom McKenna	Walsenburg	63	32:26
56, Elisa Hindman	x	17	32:44
57, Paul Hindman	x	42	34:53
58, Paul Dallaguardia	Colorado City	41	34:58
59, Nancy Martinez	Trinidad	51	35:01
60, Kristen Inman	Rye	30	35:36
61, Patti Bright	Colo. Springs	52	x
62, Crystal Berndt	Rye	14	x
63, Pat Berndt	Rye	44	x

5K Walk

Walker	City	Age
1, "Crow" Eddy Vigil	x	55
2, Donna Hickman	Pueblo West	45
3, Lora Ure	Pueblo West	48
4, Susan Randolph	Pueblo	38
5, Carol French	Pueblo	55



Crossing the finish line in the Pioneer 5K Run are (left) Dick Greet of Rye, (above) Kelly Hale of Colorado City and Jim Martinez of Trinidad, and (right) Diane Lopez of Pueblo.



Women's Distance Festival



Sailin' Shoes

Quite a few runners from this region went up to Acacia Park in Colorado Springs for the Spring Spree festival and, while there, they said, "What the heck, we might as well be part of thousands and run the Sailin' Shoes race, too." Here are the known area runners who ran it. There may have been unknowns that I missed. Sorry if I did.

5K Race

Males

Paul Barela	32:31
Marv Bradley	20:43
Trevor Hadley	20:05
Paul Koch	15:57
Bill Veges	21:00

Females

Lisa Brockie	22:52
Traci Dworshak	20:19
Misti Frey	22:38
Jean Halfpop	31:46
Rita Vigil	20:13

10K Race

Males

Mike Archuleta	55:48
Rich Barrows	52:41
Gabriel Cosyleon	52:32
Dave Diaz	42:28
George Dominguez	54:57
Rich Hadley	38:20
Dick LeDoux	35:12
Sam McClure	43:54
Travis McClure	43:02
Mike Pugh	45:26
Robert Santoyo	41:58

Females

Cindy Abeyta	39:35
Eva Cosyleon	53:21
Laura Engleman	53:32

5K (3.1 miles) races held July 10, 1999 at City Park in Pueblo.
Results provided by Dave Diaz and Nick Leyva.

5K Run

Runner	Age	Time
1, Genevieve Barrett	39	19:37
2, Rita Vigil	32	20:04
3, Jackie Allen	30	21:45
4, Misti Frey	31	22:30
5, Stacey Diaz	38	23:41
6, Rebekah Kobilan	17	24:24
7, Marijane Martinez	47	24:26
8, Trish Ferguson	47	24:37
9, Stacie Taravalla	33	25:19
10, Diane Lopez	41	25:22
11, Jessica Bailey	23	25:36
12, Katie Hurtano	16	26:08
13, Ann Yaeger	20	26:08
14, Donna Musgrove	51	26:23
15, Annette Martinez	35	26:27
16, Andrea Hickman	17	27:01
17, Angela Carpenter	34	27:26
18, Diana Reno	36	27:32
19, Kathleen Spencer	48	27:37
20, Beatrice Grebence	44	27:51
21, Wilma King	47	27:52
22, Julie Arellano	46	27:54
23, Gloria Montoya	51	27:55
24, Amy Hazel	25	28:10
25, Susan Jones	45	28:20
26, Gina Gallegos	36	28:39
27, Tiffany Reno	13	29:05
28, Cheryl Ammeter	36	29:35
29, Dee Dee Young	31	29:52
30, Lovesha Thomas	9	30:52
31, Melanie Carpenter	18	30:52



Fastest
Genevieve Barrett, a Los Alamos, NM resident visiting in Florence, added a nice touch to her visit by winning the Women's Distance Festival 5K Run division with her time of 19:37.

Photos by Gary Franchi

32, Becky Medina	29	31:41
33, Alyssa Morris	14	35:28
34, Annett Daurio	51	36:39
35, Tifanie Ammeter	14	41:04
36, Maria Elena Weaver	39	41:06
37, Melina Hernandez	16	41:06

11, Tammy Smith	45	46:07
12, Natasha Wall	18	46:08
13, Crystal Carrillo	13	51:40
14, Maura Pinedo	18	51:40
15, Vanessa Martinez	13	51:41
16, Myra Cordova	23	54:21
17, Barbara Gonzales	40	55:05
18, Julie Martinez	33	55:18
19, Maribel Mendoza	38	55:21
20, Courtney Burgess	10	58:04
21, Carol French	55	58:32
22, Cheryl Adson	48	58:32
23, Andrea Mestas	7	62:55
24, Mary Ann Wolfe	10	62:56
25, Lovie Thomas	10	64:06
26, Breanna Cordova	6	64:07
27, Regina Wilton	9	68:34
28, Emily Montez	47	69:05

5K Walk

Walker	Age	Time
1, Amy Fanning	24	34:08
2, Ida Mae Martin	60	36:19
3, Donna Hickman	45	37:18
4, Nancie Aguirre	41	38:46
5, Priscilla Portillos	62	41:12
6, Lois Pfost	57	41:47
7, Theresa Martinez	48	42:34
8, Lisa Montoya	43	43:26
9, Lora Ure	48	43:31
10, Bev Kochevar	52	43:51



WDF Race Director Marijane Martinez presents top walker Amy Fanning with a handcrafted pottery bowl created by Kathy Arwood.



Jackie Allen (left) and 14-year-old Alyssa Morris had it in high gear at the finish. Allen was third overall.

Next SCR Meeting

The next SCR meeting will be held at 7 p.m. Tuesday, August 3, at the Pueblo YMCA in downtown Pueblo. Any SCR member may attend and take part in any discussion.

1999 Racing Calendar



Pueblo County - Canon City corridor

July

24 Sat 8:30AM **HARP Riverwalk Run, 5K Run/Walk** Union Ave. (719) 547-9037
Run at 8:30 AM, Walk at 8:40 AM

August

1 Sun 7:30AM **Tunnel Drive Handicap Run, 4M** Canon City (719) 784-6514
7 Sat 8:00AM **Beulah Challenge, 5K Walk & 10K Run** Beulah (719) 485-3820

September

4 Sat 6:30PM **Nirvana Run (Handicap), 4M** Colorado City (719) 676-4100
18 Sat 8:00AM **Run for the Rose 5K, R/W** City Park (719) 564-7685
26 Sun 8:00AM **Hot to Trot 5K R/W** Union Avenue (719) 542-1704

Other somewhat nearby areas

July

22 Thur **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
24 Sat **Grin and Bear It Trail Run, 9.3M** Crested Butte (970) 349-5326
25 Sun **Vail Half-Marathon** Vail (970) 479-2280
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
8 Sun **Danskin Women's Triathlon** Cherry Creek State Park (303) 762-1317
.75K swim, 20K bike & 5K run
14 Sat **Mayor's Cup, 10K /5K** Woodland Park (719) 594-6353
14 Sat **High Altitude Challenge, 5K** Alamosa fax: (719) 589-2992
21 Sat **Pikes Peak Ascent, 13M** Manitou Springs (719) 473-2625
22 Sun **Pikes Peak Marathon, 26M** Manitou Springs (719) 473-2625
22 Sun **Western Welcome Week, 15K & 5K** Arapahoe CC, Littleton (303) 794-2694
22 Sun **Race for Research, 5K** Washington Park, Denver (303) 694-2030
28 Sat **Mesa Ridge Run, 5K** Mesa Ridge High School (719) 635-3303
29 Sun **Run the Rock, 5K R/W** Castle Rock (303) 694-2030

September

Regional Marathons (& others of interest)

July	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
	28	Seattle	(206) 729-3660
December	5	California International – Sacramento	(916) 983-4622
	5	Tucson (Ariz.)	(520) 326-9383
	5	Dallas White Rock (TX)	(214) 528-2962



Other known 1999 races

August 1

Boulder Peaks Triathlon

August 14

Georgetown to Idaho Springs Half-Marathon

August 21

Leadville Trail 100M

September 4

Creede Mountain Run

September 11

Imogene Pass – Ouray

September 11

Tri-It High Tri – Leadville

September 12

Race for the Cure, CS

September 19

Clean Air Tri – Springs

September 25

Tenderfoot Tri/Du – Salida

September 26

Governor's Cup, Denver

October 3

Race for the Cure, 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-Marathon

*** December 12 ***

The Excellent Adventure



Get your 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: Gary.Franchi@pcc.ccoes.edu



Stats that rule

- Of the 47,000+ runners who participated in this year's Lilac Bloomsdale 12K, 60% were walkers. - *Bloomsdale stats*
- About 50% of new health club members stop exercising after six months. - *Newsweek magazine*
- 55% of the participants in this year's Rock 'n' Roll Marathon were females. - *USA Track & Field*
- 92.4% of those who join the SCR and start new exercise programs give up both running and all exercising after reading issues of "Footprints." - *Pollsters Unlimited*

Racing notes designed to make you crazy

by the Editor

You sure can tell this is the heart of the racing season. Seems like everyone I run into, no pun intended, is training for something. If you're willing to drive a short ways, you can be like Rich Hadley and race just about every weekend. And some vintage races are on deck. Like the ...

... HARP Riverwalk Run/Walk

This Saturday, July 24, event is making its 3rd annual appearance. Because of the prize money, it usually draws a couple of pretty big names. Of course, it's the "common folk" who make this race a success since a bunch of them turn out for it. A ton of talented young ones, too. This race has also had pretty decent T-shirts in the past.

... Beulah Challenge

Two weeks later - Saturday, Aug. 7, runners and walkers have the chance to really test their cardiovascular fitness level in scenic Beulah. It's a beautiful but tough course - 5K for the walkers, 10K for the runners. There are some really nice awards, and Race Director Karin Romero hints there will be

another cool multi-color T-shirt. There will be shuttles to the nearby art show that accompanies the race.



... Hot to Trot 5K

This annual race held in conjunction with the Chile and Frijole Festival in the Union Avenue area of downtown Pueblo is scheduled for the morning of Sunday, Sept. 26. It's a 5K held in the Union Avenue area.

... Handicap Race Series

The club will have 4 more Handicap races this year, starting with the Tunnel Drive 4-miler in Cañon City on Sunday, Aug. 1. I'm told Tunnel Drive is on the left-hand side just after you get to the west edge of Cañon City and start heading north. But just call Rich Hadley or someone in the Cañon and they can tell you how to get there.

On Saturday, Sept. 4, your beloved editor will host another Nirvana Run at his home in Colorado City. This is a 4-mile predict followed by a potluck socialfest afterward.

Coming up in October is the Harvest 5-mile Handicap Run in Pueblo West, and Nick & Marijane's Excellent Adventure will take place in December.

For the soul ...

"Fitness should be a way of life, something you will do forever."

- soccer studette Mia Hamm

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

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U.S. Postage
Pueblo, Colorado
Permit #260



Keep a little sunshine coming your way each month!

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