



EDITOR: Gary Franchi

# FOOTPRINTS

*The choice for any millenium.*

An August 1999 edition to read at the Fair

## SCR Wish List

### We need a van

Well, the SCR could use a winning lottery ticket, I guess, but, hey, we'll settle for just a bit less. What we're really wondering is if anyone out there might have an old van that he or she would be willing to either donate or sell cheap to the club. Such a van would be excellent for carting all of the necessary race equipment to race locations. A cargo van without windows is preferred, but I don't think we're going to be too choosy.

Call a club officer (phone numbers on Page 2) if you can help us out.

### Editor sought

Meanwhile, the SCR is still looking for someone(s) to take over as editor(s) of this newsletter. We're hoping to have this position filled by the end of the year.

I know you're out there somewhere, just waiting for an opportunity to liberate your talents. Well, here's your chance.

If you'd like to find out more about the position, give me a call at 676-4100 (evenings) and I'll give you the lowdown. I also promise to smooth the transition period for you by helping out until you feel comfortable.

## My Running Vacation

### Grandfather Mountain Marathon

by Steve Farley

Like a lot of runners, my vacations tend to be centered around running and races. This year, I decided take some time off in July and go to visit my family in Tennessee and Georgia, so I searched the web for some races around the time I would be there. Surprisingly, there were very few of interest to me. Oh sure, there was the Peachtree, but that race was filled up long ago. So I set my sights on about the only marathon listed in July in the South - the Grandfather Mountain Marathon in Boone, North Carolina.

This would be the 32nd running of this rigorous mountain race and it was tied into the Scottish Highland Games, an annual gathering of Scottish-American clans that have about 25,000 members. The course is run over the Blue Ridge Parkway from Boone to Linville, and for the most part, this race was just about all uphill. Oh, there were a few downhill sections, with heavy emphasis on the word "FEW", as in not many, scarce, or very little. What little bit of the course that was downhill was only in the first 13 miles. From the halfway point of this marathon to the finish, the course was strictly uphill. This little fact I

was not aware of until the end of this monster.

Race time was 7 a.m. and the weather was pretty routine for Eastern North Carolina - overcast, showers off and on and with a forecast for more of the same the entire morning. The field was limited to 400 runners due to traffic problems. The roads were not closed during the race, and there were no shoulders on these roads. There were no orange cones and very few signs to warn motorists that runners were on the roads. It was interesting - runners and cars sharing the same course. But as far as I could tell, neither runners nor drivers impeded the other.



Steve Farley

The starting point was at the beautiful Appalachian State University football field, which was the only flat part of the entire course. At the start, we ran twice around the field, and then we exited the field to a hilly parking lot, and then to the highway. What a talkative bunch of runners! It seemed that everyone in the pack that I fell in with was talking about previous marathons, what the weather was like, where they were from, what they wanted to finish in, or just about any other subject that came up.

*Continued on Page 9*





**Chewta sez:**

"Some people call the hot summer days of July and August the 'dog days,' but I disagree. Take it from me, dogs don't like the heat any more than humans. It's nice to be able to spend more time outdoors in the summer, but we don't care for the heat. I say, bring on fall! That's my favorite time, especially when my master lets me run loose in our neighborhood late at night. It's fun. I get into all kinds of things I shouldn't and find bones that I bring home in my teeth. If you come to the Nirvana Run at our house on September 4, I'll be sure to show you some of the bones I've collected. I'm looking forward to seeing all of you here for that run. Don't forget to bring something for the 'pot luck' dinner. And bring a treat for me, too. See ya there. Ruff! Ruff!"

**Another weird quote**

This one's refers to sports energy bars: "They all essentially have the same short-term effect – that of drinking 27 cups of coffee. They all have a texture similar to cardboard, but some are easier to choke down than others."

– Suzanne Becker

**Bicycling Notes**

**So was Lance Armstrong amazing or what?!??**

by Mr. Editor

Well, I still haven't come down from this year's Tour de France. I can remember reading about Lance Armstrong when he was diagnosed with cancer and as he underwent chemo treatment. Like just about everyone else, I wrote him off as history in terms of cycling. Then to watch him take control of the Tour de France this summer in an early time trial and then blast away on the mountain races just left me awestruck. Don't know how he could have gotten stronger after licking cancer but he did. To me, his winning the Tour is one of the greatest comebacks in sports history.



A few stats about Lance, who was nicknamed Lance Legstrong by fellow Tour de France riders:

- 75 of Lance's family members were on hand to watch him ride triumphantly up the Champs Elysees in the final Tour stage.
- This year, Lance receives an annual salary of \$500,000 to ride for the U.S. Postal Service team.
- Lance will receive \$1 million in victory bonuses from his contracts with U.S. Postal, Nike, Giro and Oakley.
- Lance has already signed a new two-year salary deal worth \$1.25 million a year with the U.S. Postal Service.
- Combination film and movie rights to his story are being sold for \$1 million.

**Hardscrabble ride Sept. 19**

Masochistic local cyclists will have another

chance to test their pedal mettle on Sunday, Sept. 19, when the Tour de Hardscrabble Century is held. It's based in Florence, with bikers having the option of a 75-mile or 100-mile ride. There also are 53-mile and 77-mile off-road loops for dirt bikers.

**Cyclists prone to dehydration**

Did you know that cyclists are at a greater risk of dehydration in Colorado than runners? The reason is because cyclists move through the dry Colorado air at a faster speed, thus evaporating skin moisture at a much faster clip.

Hence, take in a bunch of liquid, whether it be sports drinks or water. And drink BEFORE you're thirsty. If you get too thirsty, you're already behind the curve and may find yourself in trouble.



**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 to keep them informed of real idiocy that goes on in this great world.

**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, Eric Cartman (*) |          |

SCR meetings are held the first Tuesday of each month at 7 p.m. at the Pueblo YMCA in downtown Pueblo. Any SCR member can attend and take a nap in front of the group – as long as they don't snore.

**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 smell of advertising.

**Rocky's taking a break this month. His column returns next month.**

**Come see us for all your pre- and post-State Fair needs.**

**GOLD DUST SALOON**  
M\*RID INC.

**217 South Union Avenue**

(\*) – Eric Cartman, who provided much consulting-ish information to this issue, is the fat kid on the "South Park" show.



# Great (& so-so) Stuff

by Gary Franchi



## Rubbing shoulders with the pros

Thought for today's lunch, compliments of Nick Ireland of Aspen on the first day of the Ride the Rockies: "This is what they make Advil for. I'm surprised they're not a sponsor."

### Musings on running, fitness, life, etc.:

I've read many times over the years about how running is such a unique sport from one standpoint in that it gives scrubs like you and me the chance to toe the starting line in a race with the elite runners.

That's a good point. You certainly can't suit up on a football field next to Shannon Sharpe, be on the tennis court with Steffi Graff, or sit in the dug-out next to Dante Bichette. But you could be in the same road race field with the world's top 10K runners or marathoners.

Of course, it might be a tad difficult to develop a deep and spiritual relationship with, say, Lynn Jennings or Joseph Chebet in the Boston Marathon field when you are 15 minutes back of the starting line. But if, say, Libbie Hickman were to come to Pueblo to run the Spring Runoff, it might be possible to get to know her before or after the race.

In the Boulder Peaks Triathlon earlier this month, a handful of SCR members were able to rub shoulders with pro triathletes who were on hand this year because the Boulder Peaks was the Colorado qualifier for this fall's Hawaii Ironman. Members competing were Ryan Dorsey-Spitz, Woody Noleen, Mike Orendorff and Blake Ottserberg.

Time-wise, the 4 were bunched pretty closely over distances that included a 1.5K swim, 42K bike and 10K run. That's slightly longer than an Olympic distance triathlon. Michael's time was 2:14:16, and he qualified for Hawaii by finishing first in the men's 45-49 age division. However, Mike will be unable to attend and declined the entry. Blake and Ryan were 3rd and 4th in the 14-19 division with times of 2:17:43 and 2:18:49, respectively. Woody, who won a lottery selection to Hawaii last year, was 7th in the 40-44 division with a 2:19:24 time.

It would have been cool to be up there seeing



**Mike Orendorff**  
qualified for Hawaii

all the pros. Even more, I wish I had been there just to see all the bikes I can't afford.

By the way, 2 other SCR members competed in the Boulder Peak's duathlon division that included a 5K run, 42K bike and 5K run. Tomas Duran took third in the 50-54 division with his 2:14:41 time, and Mike Archuleta finished in 2:34:34.

On a recent visit to the McClelland Library, I noticed there were a few instructional-type books on triathloning, which always pique my interest. Because of my, uh, slightly less-than-elite talent, one book that caught my eye was *Triathloning for Ordinary Mortals* by Dr. Steven Jonas. Leafing through the pages, I noticed one statement that said, "The best way to learn technique is with private coaching." Gee, for some strange reason that doesn't really sound to me like a book for ordinary mortals.

In the same library section was James Fixx's *Complete Book of Running* that was so popular during the first running boom. I was wondering how complete it could have been since right next to it on the library shelf was *Jim Fixx's Second Book of Running*. Published, of course, by sponge-minded family members after Fixx died of heart problems.

### 10 things I was just wondering:

- What would happen if a race director forgot to order T-shirts?
- Heck with the T-shirts, what if no one remembered the Port-a-Potties?
- During the summer, does anyone dream about ice fishing?
- Is Blake Ottersberg studying French for his fall trip to Montreal for the world triathlon championships?
- Are people buying those framed John Elway commemorative envelopes at \$60 a pop?
- What if all performance-enhancing drugs were legal?
- What if the Stem Beach motel, with its \$18.50 room rate, wanted to be the official race motel of the Pueblo River Trail Marathon?
- What would its discounted room rate be?
- Boy, isn't it exciting watching the Rockies on a day when they're resting Bichette, Castilla and Walker?
- Isn't it great living in a country where you can buy Marie Osmond collector dolls on the QVC channel?

Till next month, may blissfulness find you.



### Ultimate in idiocy item of the month:

In an incredulous display of idiocy, Natalya Kositchenko of Belarus won the triple jump at a junior track meet in Mannheim, Germany, then ran out of the stadium rather than submit to dope testing after being randomly selected. Natalya faces a 2-year suspension for refusing testing and earns this month's *Lights Are Dim Award* for August.



### Movie Line of the month:

"When you see what's real about yourself, then you've seen a lot. And you don't need eyes for that."

Just out on video. Gives a new view on people with a specific type of disability. Has some nice warm moments between the key players. Guess the speaker and movie and earn the right to be happy.

Answers below.

"At First Sight"  
Val Kilmer in  
Answers:



## Training to do your best

"It's important to start hydrating the day before race. Just be sure to stop taking in fluids 2 hours before bedtime, so you don't have to make a bathroom visit in the middle of the night. (You'll be anxious about the race and may not be able to get back to sleep.)"

– Beth Eck  
*Runner's World*

## Run to Work

Friday, September 17, is Run to Work Day across America. That means that runners are encouraged to run to work toting a backpack containing a change of clothes. They can change in their restrooms at work and emit strong jolts to the olfactory senses of all in their vicinity. It's a great idea!

## Web sites

Here are some fitness-related web sites. I'll let you figure out what they stand for:

- [rmrr.org](http://rmrr.org)
- [georgesheehan.com](http://georgesheehan.com)
- [rrnews.com](http://rrnews.com)
- [bloomsdayrun.org](http://bloomsdayrun.org)
- [racecenter.com](http://racecenter.com)
- [moab-utah.com](http://moab-utah.com)
- [bicyclingmagazine.com](http://bicyclingmagazine.com)
- [pprrun.org](http://pprrun.org)
- [steamboat-chamber.com](http://steamboat-chamber.com)
- [rrca.org](http://rrca.org)

# Trail Notes: Hypoxia takes its toll

by Shaun Gogarty



First, let's get some definitions out of the way. If you are standing straight up on a trail and, without leaning over, can touch the trail in front of you with your hand, that is defined as **STEEP**. If your respiratory rate is greater than the number of steps you take per minute, that is defined as **DIFFICULT**. If you reach an aid station during a marathon and argue with the aid worker that you have run much further than they say, you are probably **UNPREPARED**.

Yes, I am the guy up all night on Christmas eve trying to put the toys together without the instructions, so it probably isn't surprising that I ignored or didn't read the race brochure closely enough to notice the part about it being "*An Extreme Adventure*." No, this wasn't a 5K around City Park; this was the "Mosquito Marathon." For the Leadville 100 runners, it is merely a warm-up run. But for the average guy like me, it was a **STEEP, DIFFICULT** run for which I was **UNPREPARED !!**

Why I came back to Leadville so soon after my last event can only be explained by hypoxia pure and simple: oxygen deprivation must have blunted my good senses. So there I was again at 10,150 feet elevation in downtown Leadville, breathing like a fish out of water while I waited for the start. At least the rain that fell most of the night had finally stopped and the temperature was perfect. We all stared anxiously eastward at incredibly high, rocky peaks in the far distance: that was part of our route.

The first few miles climbed up reasonably sloped mining roads and trails. There was a little mud, but the surface was otherwise excellent while the vistas were incredible as we glimpsed high mountain cirques between stands of pine and aspen. However, after the first aid station, when you were far enough into the woods that you couldn't find your way back, we started some of the really **STEEP** climbs towards the top of one of the "lower" summits on the run - only 11,700 feet high.

To add to the "fun" (i.e. "extreme adventure") we didn't just keep climbing. Instead, we dropped back down and then again began climbing towards Mosquito Pass. Those who thought the first summit was difficult soon realized that the race director was a sadistic, human hater. Above the second aid station, we began a **STEEP** traverse across a talus slope which was very **DIFFICULT**. Trying to run this section would be like trying to swim up Lava Falls in the Grand Canyon.

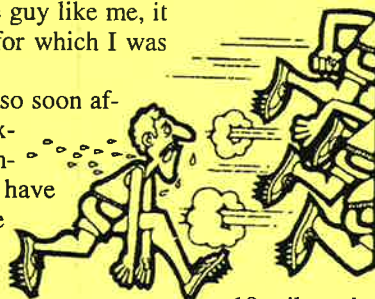
At 13,186 feet, I finally reached the top of Mosquito Pass. While enjoying a fantastic view

all the way to South Park, I began my argument with the aid worker about how many miles we had run. It was soon obvious that I was **UNPREPARED!!** If the course had been as simple as Imogene, I might have been OK, but reaching the pass wasn't even half way.

From the pass, we actually climbed higher while traversing the ridge for a couple of miles at 13,400 feet. Describing my movements as running might be stretching the definition a bit here, but my feet were moving. To help shake us from our hypoxic stupor, we then began a rope-assisted glissade over a snow cornice and down a snow field. This was undoubtedly my fastest and most fun 1/2 mile on the course - who cares that I wasn't actually running!!

After the snow, we continued "running" several miles down to 12,000 feet, crossing boulder fields and alpine streams that drained crystal clear lakes. This helped me regain some composure, but then it was time to climb back over Mosquito Pass from the other side. When I reached the aid station again, rather than argue with the worker, I just tried to hit him because he was still saying I had only run 19 miles when I knew it was about 30.

We then retraced our steps down the **STEEP** talus slope. Running down was a little more fun than running up, but a whole lot more dangerous. A slip there could quickly put you in first place, at least until the helicopter came to haul out your body. I soon reached the last aid station and knew that the road it was on went straight downhill to Leadville. But, of course, why would we go that way? Instead, it was up and over one last mountain past an alpine lake and then 4 miles downhill to Leadville. With the first-place finisher arriving at 4 hrs. 15 minutes, I didn't feel too bad just finishing on the same day. Actually, it was a great challenge across beautiful country, enjoyed with some great and crazy people. I've probably killed enough brain cells from hypoxia to actually try it again next year.



## Upcoming Events:

- September 11:** Imogene Pass Run  
[www.csbservices.com](http://www.csbservices.com)
- September 25:** Kokopelli Trail Marathon & 50K  
(970) 928-0468
- September 26:** Boulder Backroads Half-Mara. & Marathon (303) 939-9661
- October 16:** Mile High Trail Challenge, 100M/50M/33M/16M. (303) 973-7575

# Taco Bell HARP Rivewalk 5K Run/Walk

Races held July 24, 1999.

Results provided by Jeff Arnold.

(Note: Missing results were caused by bib tearoffs being inadvertently given to raffle prize winners. If those individuals will e-mail their names, ages and times to me, I will print in them in next month's issue.)



## 5K Run (3.1 miles)

| Runner                 | Age | Time  | Runner                 | Age | Time  |
|------------------------|-----|-------|------------------------|-----|-------|
| 1, Peter De La Cerda   | 27  | 15:24 | 58, Jon-Todd Baker     | 17  | 23:47 |
| 2, Kelley Mortenson    | 28  | 15:46 | 59, Kevin Keilbach     | 26  | 23:59 |
| 3, Phillip Castillo    | 27  | 16:00 | 60, Gary Carter        | 45  | 24:03 |
| 4, Tim Vigil           | 35  | 17:16 | 61, Greg Cress         | 41  | 24:06 |
| 5, Andrew Hackler      | 31  | 17:26 | 62, Basil Hernandez    | 42  | 24:14 |
| 6, Mark Koch           | 40  | 17:48 | 63,                    |     |       |
| 7, Mike Orendorff      | 47  | 18:08 | 64, Emily Roukema      | 20  | 24:18 |
| 8, Rich Hadley         | 43  | 18:17 | 65,                    |     |       |
| 9, Paul Wittich        | x   | 18:31 | 66, Mike Archuleta     | 39  | 24:27 |
| 10, Kyle Reno          | 17  | 18:45 | 67, Ron Arant          | 44  | 24:31 |
| 11, Manuel Venegas     | 29  | 18:50 | 68, Aaron Ransome      | 18  | 24:56 |
| 12, Randy Joyal        | x   | 19:03 | 69, David Moore        | 51  | 24:58 |
| 13, David Duran        | 18  | 19:05 | 70, Bill Van Buskirk   | 63  | 25:09 |
| 14, Pamela White       | 24  | 19:07 | 71,                    |     |       |
| 15, Erik Schneider     | 30  | 19:18 | 72, Katie Hurtado      | 16  | 25:17 |
| 16, Mike Messick       | 42  | 19:24 | 73, Kelly Kurtz        | 33  | 24:20 |
| 17, Edward McWhirter   | 17  | 19:29 | 74, Ann Yaeger         | 20  | 25:21 |
| 18, Trevor Hadley      | 17  | 19:30 | 75, Fran Borton        | 52  | 25:27 |
| 19, Tim Aguero         | 19  | 19:59 | 76, Todd Kelly         | 34  | 25:30 |
| 20, Calley Tili        | 28  | 20:09 | 77, Rebekah Kobilan    | 16  | 25:32 |
| 21, Clinton Ruckoldt   | 18  | 20:15 | 78,                    |     |       |
| 22,                    |     |       | 79, Gloria Snedeker    | 43  | 25:52 |
| 23, Jim Robinson       | 48  | 20:21 | 80, Jessie Quintana    | 55  | 25:53 |
| 24, Lawrence Davis     | 27  | 20:25 | 81,                    |     |       |
| 25, Ken Osborne        | 16  | 20:25 | 82, Greg Johnson       | 46  | 26:14 |
| 26, Rocky Khosla       | 40  | 20:26 | 83, Annette Martinez   | 35  | 26:25 |
| 27, David Baker        | 41  | 20:32 | 84, Karick Burrows     | 42  | 26:27 |
| 28,                    |     |       | 85, John Dungey        | 30  | 26:31 |
| 29, Robert Santoyo     | 37  | 20:49 | 86, Gloria Gogarty     | 43  | 26:47 |
| 30, Dan Morales        | 34  | 20:50 | 87, Paul Willumstad    | 50  | 26:51 |
| 31, Eric Ure           | 16  | 21:04 | 88, Lori Mugasis       | 42  | 26:57 |
| 32, Rhonda De La Cerda | 27  | 21:06 | 89,                    |     |       |
| 33, Shaun Gogarty      | 40  | 21:09 | 90, Charity Krow       | 18  | 27:16 |
| 34, Chris Gredig       | 39  | 21:14 | 91, Cecil Parrack      | 56  | 27:31 |
| 35,                    |     |       | 92, Jaclyn McCluskey   | 19  | 27:50 |
| 36, Sean Finley        | 39  | 21:17 | 93,                    |     |       |
| 37,                    |     |       | 94, John Marquez       | 14  | 27:54 |
| 38, Ami Chamberlain    | 28  | 21:27 | 95, Phyllis De La Cruz | 40  | 28:10 |
| 39, Michael Pugh       | 50  | 21:39 | 96, Kathleen Spencer   | 48  | 28:29 |
| 40,                    |     |       | 97, Beth Gladney       | 32  | 28:34 |
| 41, Mike Roupsh        | 32  | 21:52 | 98, Diana Reno         | 36  | 28:39 |
| 42, Steve Farley       | 49  | 21:53 | 99, Andrea Hickman     | 17  | 28:41 |
| 43, Nick Leyva         | 45  | 22:03 | 100, Syl Giannetto     | 60  | 28:49 |
| 44, Lewis Chandler     | 57  | 22:07 | 101, Cheryl Ammeter    | 36  | 29:08 |
| 45, Kathy Roldan       | 32  | 22:11 | 102, Gina Gallegos     | 36  | 29:13 |
| 46, Rick Macias        | 39  | 22:12 | 103, Ed Johnson        | 51  | 29:30 |
| 47, Gerald Ure         | 41  | 22:22 | 104, Jess Berrera      | 42  | 29:49 |
| 48, Paul Hurtado       | 20  | 22:34 | 105, Sandra McKenna    | 47  | 29:52 |
| 49, Mike Borton        | 43  | 22:41 | 106,                   |     |       |
| 50, Lee Green          | 32  | 22:45 | 107,                   |     |       |
| 51,                    |     |       | 108,                   |     |       |
| 52, Shelly Borton      | 31  | 23:05 | 109, Maggie Mattarocci | 19  | 30:31 |
| 53,                    |     |       | 110, Tom McKenna       | 63  | 30:42 |
| 54, Aaron Ure          | 18  | 23:17 | 111, Dan Comder        | 45  | 30:44 |
| 55, Robert Nolan       | 13  | 23:28 | 112, Dee Brown         | 60  | 31:10 |
| 56, Gary Franchi       | 50  | 23:31 | 113, Joe Tatinski      | 31  | 31:21 |
| 57,                    |     |       | 114, Lillian Jones     | 31  | 31:27 |

|                          |    |   |                        |    |       |
|--------------------------|----|---|------------------------|----|-------|
| 115, Christy Furman      | 50 | x | 25, Frank Masciantonio | 56 | 45:45 |
| 116, Maxi Sandoval       | 48 | x | 26, Donna Tillotson    | 49 | 47:52 |
| 117, Janet Ulsh          | 16 | x | 27, Jane Roukema       | 45 | 47:56 |
| 118, Kathy Ulsh          | 38 | x | 28, Ken Pavlik         | x  | 48:14 |
| 119, Susan Kimbley       | 36 | x | 29, Bonnie Pavlik      | 49 | 48:23 |
| 120, David Kimbley       | 45 | x | 30, Amy Smith          | 26 | 48:26 |
| 121, Tonya McKinley      | 41 | x | 31,                    |    |       |
| 122,                     |    |   | 32, Kristin McLachlan  | 15 | 48:28 |
| 123, Patti Penny         | 39 | x | 33, Dorothy Cowley     | 59 | 48:28 |
| 124, Greg Nolan          | 41 | x | 34, Pam Everhart       | 34 | 48:42 |
| 125, Melissa Mazur       | 32 | x | 35, Zack Duran         | 9  | 49:51 |
| 126, Chantel Aranda      | 15 | x | 36, Leanne Ryann       | 37 | 49:51 |
| 127,                     |    |   | 37, Robin McAllister   | 34 | 50:18 |
| 128, Priscilla Portillos | 62 | x | 38,                    |    |       |
| 129,                     |    |   | 39, Joe Bollig         | 54 | 50:57 |
| 130, Kathy Pavletich     | 30 | x | 40, Susan Randolph     | 38 | 50:58 |
| 131, Michael Desaulniers | 33 | x | 41, Carol French       | 55 | 52:11 |
| 132, Angie Steele        | 16 | x | 42,                    |    |       |
| 133, Pamela Chavez       | 40 | x | 43, Carol Denageen     | 38 | 52:41 |
| 134, Victor Chavez       | 54 | x | 44, Debbie Roman       | 29 | 53:43 |
| 135, Lizz Marmalejo      | 37 | x | 45,                    |    |       |

## 5K Walk (3.1 miles)

| Walker               | Age | Time  | Walker                 | Age | Time |
|----------------------|-----|-------|------------------------|-----|------|
| 1, Kristan Inman     | 30  | 33:18 | 47, Tralynn Duran      | 13  | x    |
| 2, Donna Hickman     | 45  | 37:55 | 48,                    |     |      |
| 3, Caroline Hickman  | 49  | 38:23 | 49, Jack Selway        | 55  | x    |
| 4, Arturo Sisneros   |     |       | 50, Kelly Aikens       | 31  | x    |
| 5, Abbey Roukema     | 12  | 40:33 | 51, Janeen Tracey      | 30  | x    |
| 6, Betty Dungey      | 35  | 41:17 | 52,                    |     |      |
| 7, Donna Law         | 28  | 41:31 | 53, Mike Hurtado       | 44  | x    |
| 8, Craig Law         | 39  | 41:31 | 54, Francie Hurtado    | 43  | x    |
| 9, Sherry Koski      | 56  | 42:15 | 55, Valerie Isley      | 39  | x    |
| 10, Emily Tatinski   | 5   | 43:16 | 56, Mary Webb          | 46  | x    |
| 11, Lora Ure         | 48  | 43:26 | 57,                    |     |      |
| 12, Harvey Herzog    | 70  | 43:38 | 58, Mechle Alarid      | 39  | x    |
| 13, Virginia Jimenez | 48  | 43:38 | 59, Bridget Benefiel   | 11  | x    |
| 14, Sue Crockett     | 45  | 43:49 | 60, Pat Sternberg      | 55  | x    |
| 15, Charles Crockett | 57  | 43:50 | 61, Ruth Blake         | 45  | x    |
| 16, Gary Dickson     | 49  | 44:16 | 62, Val Dionisio       | 30  | x    |
| 17, Bob Tillotson    | 53  | 44:17 | 63, Anna Marie Giodone | 55  | x    |
| 18, Mary Roldan      | 60  | 44:35 | 64, Mark Rosean        | 32  | x    |
| 19,                  |     |       | 65, Barbara Decker     | 62  | x    |
| 20, Chris Romero     | 42  | 45:02 | 66, Kelsey McLachlan   | 11  | x    |
| 21, Bev Kochevar     | 52  | 45:10 | 67,                    |     |      |
| 22, Mike O'Mara      | 49  | 45:31 | 68, Marrlyn Espionza   | 10  | x    |
| 23,                  |     |       | 69, Jessica Amezola    | 6   | x    |
| 24, Robyn Tatonski   | 36  | 45:45 | 70, Itzara Espinoza    | 5   | x    |
|                      |     |       | 71, Barbara Sadar      | 61  | x    |
|                      |     |       | 72, Deanna Hayes       | 46  | x    |



Overall winner Peter De La Cerda picks up his first-place check with junior in tow.

Photo by Gary Franchi



## More from Dr. Matteo

by Matt Martin

### Rec.running

Rec.running is an Internet newsgroup devoted to, you guessed it, running. One recent contributor to the newsgroup suggested that the best way to avoid getting bitten by a deerfly (cousin to our horsefly) is to "run like hell." Really? That theory does not work for me. Here is the rub: when I run like hell, I run about as fast as molasses flows in January. How can I outrun a horsefly?

### Bare Buns Fun Run

Apparently, there is a 5K race in Washington State called the Bare Buns Fun Run. Running clothes are optional (hence the name "Fun Run"). The 1999 version drew 700 runners and over 500 ran it in their birthday suits. The race had over 10,000 spectators and 5,500 volunteers. T-shirts were given to all finishers. This race begs three questions. One, where does one pin the bib if one opts for no clothes? Two, why run a race in the buff only to receive a T-shirt? And, three, how does one practice for such a race?

# Definitely Not Great Stuff

by Matt Martin

## Notes from the comeback trail

*"In theory, there is no difference between theory and practice. But, in practice, there is."*

– Jan L.A. van de Snepscheut

I am currently reading Jeff Galloway's *Book of Running*. I am on the comeback trail, both physically and emotionally, from various injuries suffered over the last few years (author's note: I just broke one of my 1999 New Year's Resolutions that I will not write about my injuries). It is great lying in bed reading this book and imagining the improvements I will make by following Galloway's system. After all, Joe Stommel has been a Galloway disciple for years and he has done very well in marathons. However, no matter what Galloway says to inspire me, I still have to drag myself out of bed in the morning to run; I still have to loosen up my old and tired muscles, and I still have to put one foot in front of the other to begin a run. Practice is different than theory.

Jeff Galloway, for folks who have never heard of him, was an average runner as a teen who later qualified for the 1972 Olympics. Galloway has run in more than 100 marathons. Galloway a columnist for *Runners World*, has written several books. "*Galloway's Book of Running*" is written for runners of all abilities. Galloway's theory of training is built on the foundation of the frequent long run/walk, combined with cross-training, hill and speed work and lots of rest. Galloway has also authored "*Jeff Galloway's Training Journal*." The book allows a runner to keep a running log for a year. It also contains weekly inspirational points, training programs, tables and evaluation strategies.

Galloway has put together a pretty good web site:

<http://jeffgalloway.com/whois.htm>

This site contains a lot of useful information, including marathon reviews, and advice, in addition to shameless self-promotion. Galloway also sponsors fitness vacations to such places as Nottingham England for the Robin Hood Marathon and to Athens, Greece, for the Athens Marathon.

July 22, 1999 was Rat-Catchers Day, observed on the supposed anniversary of the date in 1376, when the Pied Piper of Hamelin, having rid the German town of rats, led all the children out of town, never to be seen again, when town officials refused to pay him. I wonder why Hamelin does not have a Rat Catchers Marathon. The winner could be awarded some sort of Pied Piper pipe as a trophy, and all of the losers would be forced to hole up in a cave, never to be heard from again.

SCR member Maddy Tormoen has hit the comeback trail from surgery in a big way. Maddy, a former two-time National Duathlon Champion, is competing again. Traditional theory is to run short races and gradually build your running base endurance back up before running longer races. Maddy does not practice traditional theory. She ran the Fila US Sky Marathon in Aspen, Colorado on June 27, 1999. A sky marathon is a marathon run, at least in part, above 13,000 feet. The US Sky Marathon, an annual event, starts in Ashcroft, Colorado, about ten miles outside of Aspen. The course gains 6,890 feet



Maddy Tormoen was the first female finisher at the Beulah Challenge

in elevation over trail and snow to the summit of 13,434-foot Taylor Peak.

Maddy won 3rd place for women and 22nd overall (of around 50). Her time was 4:58:09 and she was pleased with her effort. Sky Marathon world champion Connie Favre, of France, finished in 1st place for women (11th place overall) in a time of 4:15:58. Danelle Ballengee, two-time defending female champion of the Pikes Peak Marathon, took second in a time of 4:21:48. Matt Carpenter, (<http://www.skyrunner.com/>) the 1998 *Pueblo Chieftain* Spring Runoff 10-Mile Champion, won first place overall with a course-record time of 3:17:19. Maddy says the Sky Marathon was a lot of fun and she would do it again.

Buzz Burrell of Boulder was successful in his attempt to break the 15-year-old record for the Colorado Trail. Burrell knocked a whopping 5 days off the previous mark.

# Youth is served at 4th annual Beulah Challenge

by Jeff Arnold

If Andrew Hackler dominated the men's division of the 1999 Beulah Challenge 10K, beating Rich Hadley by more than a minute in 38:07, what can you say about Maddy Tormoen. Our still not completely healed Wonder Woman blew the rest of the women, and most of the men, away. Maddy's 43:17 is the new women's course record and 7:22 faster than last year's winner.

Still the story of the day may have been the remarkable performance by the teenagers. Fifteen-year-old Aaron Lopez's third-place finish in 39:46 brought a smile to South cross country coach Gene Morenz's face. But Aaron's performance wasn't the only stellar one for South's runners. Phillip Arellano was fourth, Blake Ottersberg eighth and Shawn Borton thirteenth. Rye freshman Steven Kirkendall made his road race debut with a fifth-place finish. County's Kyle Reno was seventh and Florence's Trevor Hadley eighteenth.

The young women weren't quite as deep but Rye's student body president Jessica Gogarty won her age division in 52:36, followed by South's Sydney Mondragon, and County's Rebekah Kobilan, who improved more than ten minutes from last year's time. Melissa Green and Jessi Christian would be welcome additions to any school's program.

Walkers seemed to cluster in friendly groups, but there was intense competition, too. Carla Flores nipped last year's winner Jo Schrubbe by inches, both in 37:36. Twelve year old Justin Jones was the men's champion in 37:44. A record 74 walkers finished, including 82-year-old Helen Shmoldas.

Once again Karin Romero rounded up tons of friendly and effective help for one of the nicest races on Colorado's calendar. Ken Raich's split time clocks were a really nice addition. The day was gorgeous, if a tad warm for racing. But you'll have to watch a lot of road races before you'll see as many high school runners so near the front again.



**Whiz Kids**  
Clockwise from top left: Aaron Lopez chases Rich Hadley with about a mile to go, Jessica Gogarty barrels her way the final few yards, Trevor Hadley trucks on home, and Blake Ottersberg sprints to the finish line.

Photos by Gary Franchi



## Beulah Challenge results

Races held August 7, 1999.

Results provided by Jeff Arnold.

### Overall winners:

Male - Andrew Hackler, 38:07

Female - Maddy Tormoen, 43:17



| Runner               | Age | Time  | Runner              | Age | Time  |
|----------------------|-----|-------|---------------------|-----|-------|
| 1, Andrew Hackler    | 31  | 38:07 | 14, Shaun Gogarty   | 40  | 45:56 |
| 2, Rich Hadley       | 43  | 39:16 | 15, Karl Tameyer    | 35  | 47:14 |
| 3, Aaron Lopez       | 15  | 39:46 | 16, Paul Stucki     | 36  | 47:37 |
| 4, Phillip Arellano  | 17  | 41:16 | 17, Alex Popoff     | 47  | 48:01 |
| 5, Steven Kirkendall | 15  | 41:41 | 18, Trevor Hadley   | 17  | 48:14 |
| 6, Randy Joyal       | 21  | 42:08 | 19, Nick Leyva      | 45  | 48:30 |
| 7, Kyle Reno         | 17  | 42:23 | 20, Scot Potts      | 30  | 49:00 |
| 8, Blake Ottersberg  | 17  | 42:48 | 21, Mike Borton     | 43  | 49:25 |
| 9, Maddy Tormoen     | 37  | 43:17 | 22, Gil Romero      | 46  | 49:43 |
| 10, Robert Santoya   | 37  | 43:28 | 23, Susan Gebhart   | 42  | 50:00 |
| 11, Dave Diaz        | 50  | 43:34 | 24, Misti Frey      | 31  | 50:09 |
| 12, Sam McClure      | 45  | 44:48 | 25, Henry Hund      | 57  | 50:36 |
| 13, Shawn Borton     | 16  | 45:45 | 26, La Donna Gunn   | 37  | 51:25 |
|                      |     |       | 27, Rob Redwine     | 50  | 51:29 |
|                      |     |       | 28, Tracy Gunn      | 42  | 51:36 |
|                      |     |       | 29, Damian Gradisar | 29  | 52:08 |
|                      |     |       | 30, Stacey Diaz     | 38  | 52:18 |
|                      |     |       | 31, Jessica Gogarty | 17  | 52:36 |

Continued on Page 8

# Beulah Challenge

Continued from Page 7

|                        |    |         |
|------------------------|----|---------|
| 32, Beth Ehrhardt      | 31 | 53:32   |
| 33, Frank Nemick       | 41 | 53:35   |
| 34, Bill Schaefer      | 56 | 53:48   |
| 35, Mike Archuleta     | 39 | 54:07   |
| 36, Raul San Miguel    | 49 | 54:11   |
| 37, Anthony Diaz       | 41 | 54:37   |
| 38, Sydney Mondragon   | 16 | 54:39   |
| 39, Jane Gebhart       | 45 | 55:15   |
| 40, Jessie Quintana    | 55 | 55:39   |
| 41, Barbara Hadley     | 45 | 56:04   |
| 42, Eva Cosyleon       | 20 | 56:07   |
| 43, Joshua Quattlebaum | 19 | 56:08   |
| 44, Rebekah Kobilan    | 17 | 56:26   |
| 45, Laura Shiflett     | 35 | 56:54   |
| 46, Karrick Burrows    | 42 | 56:54   |
| 47, Melissa Green      | 16 | 57:09   |
| 48, B. Cosyleon        | 50 | 57:33   |
| 49, Bruce Batting      | 62 | 57:34   |
| 50, Malcolm Singer     | 59 | 58:07   |
| 51, Jessi Christian    | 15 | 58:25   |
| 52, Kendra Stucki      | 37 | 58:36   |
| 53, Diane Lopez        | 41 | 58:49   |
| 54, Dan Dotson         | 58 | 59:00   |
| 55, Jim King           | 56 | 59:08   |
| 56, Katherine Singer   | 58 | 59:15   |
| 57, Naomi Patrick      | 41 | 59:30   |
| 58, Marijane Martinez  | 47 | 59:43   |
| 59, Gloria Gogarty     | 43 | 59:44   |
| 60, Will Johnson       | 51 | 1:00:19 |
| 61, Kathy Spencer      | 48 | 1:01:05 |
| 62, Mike Sanchez       | 38 | 1:02:00 |
| 63, Jess Cosyleon      | 52 | 1:03:17 |
| 64, Marla Winn         | 49 | 1:04:35 |
| 65, Julie Marshall     | 65 | 1:06:03 |
| 66, Bob Lansford       | 38 | 1:06:04 |
| 67, Chad Alvarado      | 26 | 1:08:13 |



## Overall Winners

Three of the four overall winners posed with the framed photos of a specific course location. From left are top male walker Justin Jones, top female runner Maddy Tormoen, and top male runner Andrew Hackler.

Photos by Gary Franchi



Race Director Karin Kyte-Romero (left) with Elsie Schultz, who originated the idea of having a road race during Beulah's annual arts festival. Elsie fired the starting gun this year.

|                       |    |         |                    |    |       |                      |    |       |
|-----------------------|----|---------|--------------------|----|-------|----------------------|----|-------|
| 68, Dee Brown         | 60 | 1:08:27 | 25, Crystal Berndt | 14 | 44:33 | 62, Ken Trujillo     | 35 | 54:44 |
| 69, Cathryn Sanchez   | 37 | 1:09:20 | 26, Pat Berndt     | 44 | 44:34 | 63, Helen Philippsen | 57 | 54:44 |
| 70, Diana Reno        | 37 | 1:09:21 | 27, Sheila Thurman | 34 | 44:34 | 64, Julie Mattingly  | 52 | 55:07 |
| 71, Linda Youlios     | 34 | 1:10:16 | 28, Tina Dingle    | 34 | 45:22 | 65, Jim Stranger     | 53 | 55:07 |
| 72, Johnna Horton     | 33 | 1:16:32 | 29, Kayla Aranda   | 13 | 45:29 | 66, Sherry Stranger  | 52 | 55:09 |
| 73, Richard Dickerson | 60 | 1:28:00 | 30, Christine Sims | 34 | 45:30 | 67, Vicki Scott      | 52 | 55:09 |

## 5K Walk

### Overall winners:

Female – Carla Flores, 37:36

Male – Justin Jones, 37:44

| Walker                | Age | Time  | Walker              | Age | Time  | Walker             | Age | Time    |
|-----------------------|-----|-------|---------------------|-----|-------|--------------------|-----|---------|
| 1, Carla Flores       | 40  | 37:36 | 37, Renee Youngren  | 11  | 47:06 | 73, Marie Lansford | 37  | 1:02:38 |
| 2, Jo Schrubbe        | 43  | 37:36 | 38, Kathy Serena    | 53  | 47:07 |                    |     |         |
| 3, Justin Jones       | 12  | 37:44 | 39, Alec Aranda     | 10  | 47:23 |                    |     |         |
| 4, Dylan Stucki       | 10  | 38:23 | 40, Jody Sigman     | 15  | 47:41 |                    |     |         |
| 5, Rich Riesner       | 54  | 38:23 | 41, Amy Kagey       | 14  | 48:04 |                    |     |         |
| 6, Tamara Seebach     | 28  | 38:42 | 42, Leanne Ryan     | 37  | 48:05 |                    |     |         |
| 7, Suzy Smith         | 52  | 38:55 | 43, Polly Neldner   | 42  | 48:07 |                    |     |         |
| 8, Roxanne Sigman     | 40  | 39:35 | 44, Ian Dingle      | 4   | 48:08 |                    |     |         |
| 9, Bill Thousand      | 73  | 39:43 | 45, Sean Dingle     | 34  | 48:14 |                    |     |         |
| 10, Don Pfost         | 59  | 40:08 | 46, Martha Cosyleon | 42  | 48:14 |                    |     |         |
| 11, Arnold Arrieta    | 38  | 40:43 | 47, Sylvia Clair    | 47  | 49:25 |                    |     |         |
| 12, Karla Arrieta     | 29  | 40:44 | 48, Ted Clair       | 53  | 49:26 |                    |     |         |
| 13, Daniel Garcia     | 56  | 41:04 | 49, Helen Shmoldas  | 82  | 49:51 |                    |     |         |
| 14, Penny Leese       | 55  | 41:13 | 50, Lois Gebhart    | 68  | 50:05 |                    |     |         |
| 15, John Oechsle      | 64  | 41:22 | 51, Grant Schemel   | 44  | 50:09 |                    |     |         |
| 16, Angela Keefer     | 30  | 41:58 | 52, Denyce Vandiver | 38  | 50:18 |                    |     |         |
| 17, Aaron Berndt      | 10  | 42:23 | 53, Deborah Geller  | 49  | 50:15 |                    |     |         |
| 18, Peggy Gunn        | 40  | 42:24 | 54, Nancy Foster    | 58  | 50:15 |                    |     |         |
| 19, Amy Kunstle       | 30  | 42:35 | 55, Audrey Ruprow   | 52  | 52:13 |                    |     |         |
| 20, Phyllis Riesner   | 54  | 42:41 | 56, Scott Lawrence  | 55  | 52:19 |                    |     |         |
| 21, Lois Pfost        | 57  | 42:46 | 57, Dee Anderson    | 50  | 52:19 |                    |     |         |
| 22, Deb Hadley        | 42  | 43:24 | 58, Sarah Mattingly | 55  | 54:16 |                    |     |         |
| 23, Diana Quattlebaum | 40  | 43:55 | 59, Susan Randolph  | 38  | 54:18 |                    |     |         |
| 24, Kayla Romero      | 11  | 43:58 | 60, Carol French    | 55  | 54:23 |                    |     |         |
|                       |     |       | 61, Sheri Stine     | 36  | 54:23 |                    |     |         |



Kathy Spencer kicks it into high gear on the downward jaunt to the finish.



## Top Walker

Carla Flores edged Jo Schrubbe to finish first in the Walking Division.

## Next SCR Meeting

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



# Farley's Running Vacation

Continued from Page 1

I was so interested in the conversations that I failed to notice that I had missed the first two mile markers. But at mile 3 (miles were marked with a tiny little white number on the black top), I was running an 8:30 pace, and I was comfortable with that. I then realized that I had no real plan for this race... no strategy, so I guessed I had better develop one then. Plan A: run until I was too tired to run, then crawl. Plan B: there was no plan B.

The cutoff time was 5 hours, so I tried to figure out what average pace I decided to make it on time to get that finisher's medal. If my arithmetic while running was accurate, all I needed to do was keep it at better than 10-minute miles and I would be done at least by noon. The first water stop was at mile 6 at a beautiful old county church house, and there was a sizable crowd there to cheer us on, which I thought was very nice. So far, I was feeling really good with my snail's pace, so I tried to maintain just what I was doing now. We had not entered the Blue Ridge Parkway yet. In fact, about half of the first six miles were on back-in-the-woods dirt roads. I keep trying to remember where that movie "Deliverance" was filmed – this sure did look familiar.



At mile 10, we finally got on the BRP and had a nice little stretch of flat or downhill running. I did some quick math and figured that I was in line for a 4:10 finish. Hey, this was going to be good, especially since I was told to add one hour to my "normal" marathon time because this race was so brutal. I had only run one marathon before, and that was a 4:02, so I was happy with the way this race was shaping up. Little did I know that the hill from hell was just up ahead. It had started to rain a while back and that made running conditions just about perfect. No sun, no wind, and the cooling effect from the very light drizzle made it almost a religious experience. I loved running more this day than I had ever loved it. This was what running was all about.

At mile 13, I started the long ascent to Grandfather Mountain. With every mile, I expected the course to at least level off if not start going downhill, but it just didn't happen. My 8:30 miles faded to 9:00, then 9:30 then to 10:00 and then to 10:30. And at mile 17, I ran into the mother of all hills on a return to a dirt road, and it sapped what little bit of energy I had left. There was no use to even try to run this thing, so for a half-mile, I

had to walk. Now I was really in a panic, because the 5-hour cutoff was looming, and I was too tired to figure what I had to do per mile to be an official finisher. I sure wished now that I had developed a Plan B.

From mile 20 to the finish, there were no other runners around me except one girl. She had family with her that would meet her every mile up the road. A lot of runners had support teams that provided them with water, GU, and a change of shoes or socks. I ran into a gal who had a gallon of water in her trunk, and about every 5 - 6 miles, I would see her again. She always offered me water, and I appreciated that; Southern hospitality is not dead, thank goodness.

Three miles from the finish and at 4 hours, I figured, hey, this was doable now. I just realized that if I could do 10-minute miles I would finish in about 4:30. At mile 24, I was right at the 10-minute per-mile pace. At mile 25, I could hear the bagpipes playing, and at mile 26, with only two-tenths of a mile left, I turned in to the McRae Field where 15,000 spectators cheered me on for one lap around the track. Funny what all that cheering will do for a runner, because now I was surely doing a 5K race pace. I finished in exactly 4:30. I don't know where that girl was that I had run with for the last 6 miles, but I wanted to tell her she did a good job, sort of a self pat on my back, because if she did well, so did I.

Overall, it was an excellent adventure. The scenery was breathtaking and it was easy to forget the rigors of the race just because of the beauty of the Blue Ridge Mountains. The course was more than brutal, and the support and volunteers were grade "A". Certainly this was not a typical marathon, it was more of a challenge race than anything else, unless you are one of those elite runners I keep hearing about (but, of course, have never run with). Anyone who has run the Pikes Peak Ascent or Marathon can relate to this race; it is not the time of the race; it is just the joy of finishing. I know that when I finish Pikes Peak I always say, "I'll never do this %#@\* thing again!" It was the same with Grandfather Mountain. I was cursing that damn race for a few hours after I had finished, showered, and counted my black toes. But you know, I am going to get my application in early next year to make sure I will be one of the unfortunate 400 runners for the 33rd running of the Grandfather Marathon.



## Mental aspect of workouts

"I spend a tremendous amount of mental energy every single day just making sure that nothing goes wrong in my life that will upset that day's workout schedule.

The key to maintaining control over your workout schedule is to treat your relationship with your workout much the same way you would treat any other relationship in your life. You simply can't let on how important it is to you, or it will destroy you. Because if you let on how much it means to you, guaranteed that when you go unpack your gym bag, you'll find two left shoes."

– Leib Dodell

## Hills are alive

"To make running easier, do some upper-body strength work. The effect may be partly psychological, but hills start to seem much easier just a week or two after I start my upper-body work."

– Susan Lindfors,  
Runner's World



# 1999 SCR Prediction Series

by Gary Franchi

Current standings for the 1999 Prediction Series:



## SCR web page has all the Prediction info.

A complete Prediction Series report is included on the SCR Home Page. It contains an explanation of how the series works, which any rocket scientist can understand quite easily. There are a lot of other goodies on the web site, too. If you have access to the Internet, you can check out Ken's great work at this location:

[www.socorunners.org/](http://www.socorunners.org/)

Drop him a note at raichk@pobox.com and say "hello" to him and tell him how much you appreciate his web page. There are a true myriad of treats there, so check it out, especially some of the links. And the picture of Chewta. Hey, she's a member, too, you know. Even receives her own newsletter once in a while. Also look at the cool mug shots of our officers. Anyway, Ken also would appreciate any suggestions you might have for the web page.

Three of the six races for the 1999 SCR Prediction Series (formerly called the Handicap Race Series) are now in the books and there are three more series races remaining. Actually, they aren't really in any "books" per se anywhere, but trust me when I say the races have been held. After all, I didn't make up the season standings that are printed to the right.

Ken Raich did. He's the SCR Prediction Series coordinator for 1999. In his job as coordinator, Ken creates fictitious race results and standings, and he has published them on the SCR web page, which he has created. Then your beloved editor copied them and reproduced them on this page of "Footprints."

They look nice, even if they eat up a lot of page space. Real statistical looking.

In terms of the Prediction Series, the format of these races is that runners predict their finish times and run without watches. They earn points by finishing closest to their predicted times. I think gender and age are factored in there somewhere, too, but I don't remember. Sounds good though, doesn't it?

Anyway, at the end of the series, the points from each runner's 4 best races will be totaled and SCR will present overall Prediction Series awards to those with the highest point totals. Overall 1st, 2nd, & 3rd places will be awarded, irregardless of gender or political persuasion. The awards will be presented in January during the SCR Awards Banquet.

Here are the remaining 1999 Prediction Series races:

- Sept. 4 Nirvana 4-Mile Prediction Run
- Oct. 23 Harvest 5-Mile Prediction Run
- Dec. 12 Mojo & Nick's 8-Mile Prediction Run

| Name               | Runoff Tuneup | Ramsgate 8K | Tunnel Drive | Total Points |
|--------------------|---------------|-------------|--------------|--------------|
| Bill Veges         | 46.67         | 72.73       | 100.00       | 219.39       |
| Dave Diaz          | 20.00         | 100.00      | 90.00        | 210.00       |
| Nick Leyva         | 100.00        | 18.18       | 60.00        | 178.18       |
| Matt Sherman       | 93.33         | 54.55       |              | 147.88       |
| Jim Robinson       | 53.33         |             | 80.00        | 133.33       |
| Ben Valdez         | 26.67         |             | 90.91        | 117.58       |
| Marijane Martinez  | 60.00         | 27.27       |              | 87.27        |
| Melissa Mincic     | 86.67         |             |              | 86.67        |
| Don Pfof           |               | 81.82       |              | 81.82        |
| Makiko Taekei      | 80.00         |             |              | 80.00        |
| Hannah Muchine     | 73.33         |             |              | 73.33        |
| Laura Schilf       |               |             | 70.00        | 70.00        |
| Catherine Waitimu  | 66.67         |             |              | 66.67        |
| Melinda Orendorff  |               | 63.64       |              | 63.64        |
| Roy Hughes         |               |             | 50.00        | 50.00        |
| Richard M. Santoya |               | 45.45       |              | 45.45        |
| Rich Hadley        |               |             | 40.00        | 40.00        |
| Helen Robinson     | 40.00         |             |              | 40.00        |
| Mike Orendorff     |               | 36.36       |              | 36.36        |
| Sam Edwards        | 33.33         |             |              | 33.33        |
| Tim Vigil          |               |             | 30.00        | 30.00        |
| Maria Elena Weaver |               |             | 20.00        | 20.00        |
| Ted Puls           | 13.33         |             |              | 13.33        |
| Mike Cone          |               | 10.00       |              | 10.00        |
| Rita Vigil         |               | 9.09        |              | 9.09         |
| G.E. Puls          | 6.67          |             |              | 6.67         |

## Tunnel Drive 5M Predict - Cañon City

| Name               | Predict | Actual | Variance | Points |
|--------------------|---------|--------|----------|--------|
| Bill Veges         | 36:40   | 36:28  | 0:12     | 100.00 |
| Dave Diaz          | 35:00   | 35:15  | 0:15     | 90.00  |
| Jim Robinson       | 35:30   | 35:46  | 0:16     | 80.00  |
| Laura Schilf       | 45:00   | 45:27  | 0:27     | 70.00  |
| Nick Leyva         | 37:30   | 38:17  | 0:47     | 60.00  |
| Roy Hughes         | 38:00   | 36:42  | 1:18     | 50.00  |
| Rich Hadley        | 33:00   | 31:26  | 1:34     | 40.00  |
| Tim Vigil          | 34:25   | 32:33  | 1:52     | 30.00  |
| Maria Elena Weaver | 48:00   | 45:27  | 2:33     | 20.00  |
| Mike Cone          | 43:00   | 40:19  | 2:41     | 10.00  |

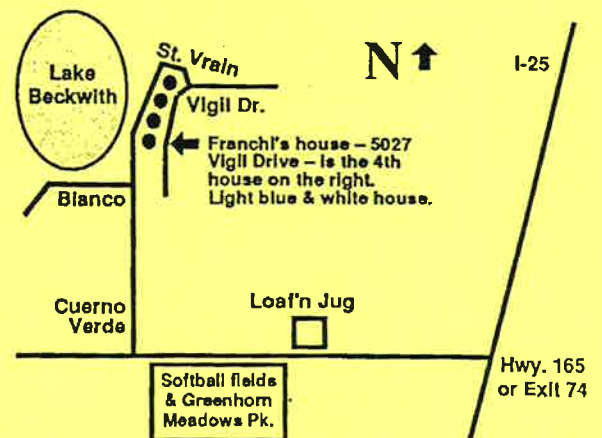
## Nirvana Run to be next Prediction race

All club members are invited to enjoy the annual Nirvana Prediction Run that will be held Saturday, Sept. 4, beginning at 6:00 p.m. at the home of your beloved editor in Colorado City. I've moved the time up a half-hour from last month's Race Calendar listing.

This is a combination race/pot luck dinner, so please bring a covered dish to be shared with the group. Call me (Gary) or Cak at 676-4100 to let us know what you will be bringing.

The Nirvana Run is a 4-mile race that is very "runner friendly" for a course in Colorado City. In past years, this also has been an extremely "fast course," with most runners bettering their predicted times considerably.

There will be tunes, along with soft and medium-soft liquid.



### How to get there:

Take I-25 south out of Pueblo about 20 miles to Exit 74, which is Hwy. 165. Go west 3 1/2 miles to Cuerno Verde and turn right. Go 1/10ths of a mile to the first street on the right, which is St. Vrain, and turn right. Almost immediately take another right on Vigil Dr. Go to the 4th house on the right.

# 1999 Racing Calendar



## Pueblo County - Canon City corridor

### September

|        |        |                                    |                              |
|--------|--------|------------------------------------|------------------------------|
| 4 Sat  | 6:00PM | Nirvana Run (Prediction), 4M ..... | Colorado City (719) 676-4100 |
| 18 Sat | 8:30AM | Run for the Rose 5K, R/W .....     | City Park (719) 545-2564     |
|        |        | Walk at 8:30AM; Run at 9AM         |                              |
| 26 Sun | 8:00AM | Hot to Trot 5K R/W .....           | Union Avenue (719) 542-1704  |

### October

|        |        |                                       |                            |
|--------|--------|---------------------------------------|----------------------------|
| 10 Sun | 7:00AM | River Trail Marathon .....            | Pueblo West (719) 543-5151 |
|        |        | River Trail Half-Marathon & 10K ..... | Half-Pueblo W. " "         |
|        |        |                                       | 10K-Nature Center " "      |
| 23 Sat | 5:00PM | Harvest Prediction Run, 5M .....      | Pueblo West (719) 564-9303 |

## Other somewhat nearby areas

### August

|        |                                      |                         |                |
|--------|--------------------------------------|-------------------------|----------------|
| 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

|        |                                       |                            |                |
|--------|---------------------------------------|----------------------------|----------------|
| 5 Sun  | Enduro Classic, 5K & 10K + 5K walk .. | Trinidad                   | (719) 845-1730 |
| 11 Sat | Bridgeway 5K, R/W .....               | City Park, Denver          | (303) 969-0515 |
| 12 Sun | El Grito 5K, R/W .....                | Denver                     | (303) 458-0554 |
| 12 Sun | Pony Express Run, 15M .....           | Rampart Reservoir, Springs | (719) 635-3303 |
| 18 Sat | No 02 10K .....                       | Leadville                  | (719) 486-2226 |
| 19 Sun | Riverdale Half-Marathon .....         | Adams County Fairgrounds   | (303) 958-1168 |
| 19 Sun | Race for the Cure, 5K .....           | Air Force Academy          | (719) 598-2953 |
| 26 Sun | Governor's Cup, 10K & 5K R/W .....    | Denver                     | (303) 694-2030 |

### October

|        |  |                            |                |
|--------|--|----------------------------|----------------|
| 3 Sun  | Fall Series #1: 3M, Kids .5M .....     | No. Monument Valley Pk, CS | (719) 590-7086 |
| 17 Sun | Fall Series #11: 4.5M, Kids: .75M .... | Bear Creek Reg. Park, CS   | (719) 590-7086 |
| 30 Sat | Mayor's Cup, 5K & Kids .5K .....       | Manitou Springs            | (719) 473-7848 |

## Regional Marathons (& others of interest)

|          |    |  |                |
|----------|----|--|----------------|
| Sept.    | 5  | Crest Mountain – Breckenridge                            | (970) 453-6422 |
|          | 19 | Montana (Billings) .....                                 | (406) 248-1685 |
|          | 25 | Kokopelli Trail (& Half) – Grand Junction .....          | (970) 242-7802 |
| October  | 26 | Duke City – Albuquerque .....                            | (505) 890-1018 |
|          | 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 |
| November | 3  | Portland (OR) .....                                      | (503) 226-1111 |
|          | 17 | Wichita (KN) .....                                       | (316) 636-1266 |
|          | 7  | New York City .....                                      | (212) 423-2249 |
| December | 28 | Seattle .....  | (206) 729-3660 |
|          | 5  | California International – Sacramento .....              | (916) 983-4622 |
| January  | 5  | Tucson (Ariz.) .....                                     | (520) 326-9383 |
|          | 5  | Dallas White Rock (TX) .....                             | (214) 528-2962 |
|          | 9  | Walt Disney World – Orlando, Fla. www.runningnetwork.com |                |



## Other known 1999 races

- **August 21**  
Leadville Trail 100M
- **September 4**  
Creede Mountain Run
- **September 11**  
Imogene Pass – Ouray
- **September 11**  
Tri-It High Triathlon – Leadville
- **September 19**  
Clean Air Triathlon – Colorado Springs
- **September 25**  
Tenderfoot Tri/Du – Salida
- **September 26**  
Boulder Backroads Marathon & Half-Mara.
- **October 3**  
Race for the Cure, Denver
- **October 10**  
Run the Wildside 10K & 5K – Denver
- **October 17**  
Colorado Half-Mara. & 5K
- **October 23**  
Hawaii Ironman
- **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.ccooes.edu



## Stats that rule

- People who attend religious service once a week live 7 years longer than those who never go. – *National Health survey*
- The 2,000 cyclists in this year's Ride the Rockies consumed 10,500 bagels and 281 cases of bananas at aid stations. – *Denver Post*
- 40,000 Boston Marathon applications were mailed this year and there were 12,800 official entrants. – *1999 Boston Marathon media guide*
- 93.1% of Ride the Rockies cyclists said reading "Footprints" was like bonking while peddling up a pass. – *Pollsters Unlimited*

# Totally insignificant racing information

by the Editor

Sure had our share of rain recently. And it certainly has been hot at a couple of local races, namely the HARP Riverwalk run/walk and the Beulah Challenge. Still, both were extraordinarily wonderful events, with good vibes dominant. After the Nirvana Prediction Run on Sept. 4 (see Page 10), there will be a couple of nice, short 5K races on tap in September, which should be appreciated by all those folks who had a good time destroying themselves running up and down the Peak.

## Run for the Rose

City Park almost always brings some fast times. Also gives regular racers the chance to gauge their racing fitness on a course they've run often. The Run for the Rose is scheduled for Saturday, Sept. 18, with the walk to begin at 8:30 and the run at 9 a.m. This event includes much pageantry, including an annual concert appearance by Elvis. The awards are always unique and excellent. Truly a "feel good" event that bene-



fits the Friendly Harbor Drop-in Center.

## Hot to Trot 5K

This race was conveniently scheduled on a Sunday (Sept. 26) so it wouldn't conflict with either the American Heart Walk or Cororate Cup events, both of which will take place the previous day. Isn't that nice to know? For just a 5K race, this course seems to cover a lot of terrain. We really need some help from volunteers for this one, so please give our race liaison – Jessie Quintana – a buzz (564-2350). She and we would appreciate it.



## Coming in October

The biggie of the entire year – the Pueblo River Trail Marathon (and half- and 10K) – will take place on Sunday, October 10. Race Director Ben Valdez requires over 100 volunteers to put this baby on. If you can help out as an individual or if you have a group that can handle a water station, please give Ben a call at 543-5151.

The finish line in the Arts Center parking lot may have to be altered somewhat because of construction there.

*For the soul ...*

**"Runners have a life apart from running yet appreciate how running enhances each area of their lives."**

– Jeff Galloway

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

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**Don't clown around – let us know if you move!**

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)