



EDITOR: Gary Franchi

FOOTPRINTS

The choice for any millenium.

fi September 1999 edition to help usher in fall

Here's how to avoid getting hurt before your next big target race

by Rocky Khosla, M.D.

So you've been hitting the road or trail and getting slowly built up for "the race." You know, the race that you've been training for all this year, like the River Trail Marathon. Can you do anything to decrease your chances of getting hurt now that crunch time is approaching? Well, here are some tips that may help:

- 1, Go easy with the speed work. A rational routine of maybe once a week or once every two weeks may perk up your pace, but over-zealous speed work probably is the number one cause of running-related injuries at this time of year.
- 2, Give your shoes a checkup. If you have put on 500 miles or more on those puppies, it may be wise to break in a new pair now. Race day is not a good time to be breaking in a new pair



of running shoes.

- 3, Remember to taper your mileage. Most running gurus suggest that you start to taper your mileage by about 10% per week starting 2-3 weeks before a marathon type of distance event. Running the 80 to 100 miles a week right up to the marathon has not helped anyone that I know of.
- 4, Reward yourself. Let's face it, one of the big reasons we love running is that we can pig out without too many worries. May I suggest a Dairy Queen Pecan Mudslide after dinner on the day of the long training run? You might as well because once the big race is done, it'll be back to the ol' Dilly Bar calibre of desserts.

Here's wishing you the fastest time and the most fun in your next "big race," wherever it may be!

Don't miss the Harvest Run on Oct. 23

One of the social highlights of the year will take place on Saturday, October 23, when the Harvest Poker Run, pot-luck dinner and bonfire is held at 5 p.m. at Lovell Park in Pueblo West. The Poker Run is a 5-mile race in which runners are given a card from a deck of cards at each mile. Best male and female poker hands win. There



will be a \$5 entry fee. Half will help pay for the chicken, beverages and utensils at the post-race dinner. The other half will be split by the male and female with the winning poker hands. As this went to print, we were still trying to get the OK for the bonfire. But assume it will be held. And bring lawn chairs.

Wishful thinking

Editor

The SCR is continuing its search for a new editor or editors of this newsletter. No intelligence is necessary, as your beloved current editor has proved the past 15 years.

If you'd like to find out more about the position, give Gary Franchi a call at 676-4100 (evenings) and he'll explain the duties of this prestigious position.

Used van

The SCR continues to look for a used van that someone out there might be willing to either donate or sell cheap to the club. The van will be used to transport equipment needed to conduct road races.

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

Volunteers tally

Nick Leyva has been keeping track of all of the volunteer points earned by SCR members this year, and Nick has the list of volunteers for every race with the exception of the Valentine's Twosome held in February. If you were a volunteer at that race, please give Nick a call at 564-6043. Volunteers will be rewarded at year's end.





Chewta sez:

"I hear that the SCR's Marv Bradley has been at it again. This time the Cañon City runner ran in and completed the Mt. Rushmore 100-Mile Endurance Run held in rain-fall over July 31-Aug. 1. Marv's time was 35 hours and 56 minutes. Also, Susan Gebhart of Penrose completed the Leadville 100-Miler in 26 hours, 49 minutes, and the SCR's Jackie Allen of Cañon City finished it in 28 hours and 26 minutes. Cool! Ruff, ruff!"

Barb's recipe for energy bars

Barb Wasse sends along her recipe for what she claims are excellent energy bars that have the same energy as PR Bars, Cliff Bars, and some others:

- 3¾ cups whole wheat flour
- 1 cup granulated sugar
- 1 cup powdered milk
- ½ cup wheat germ
- 2 tspns. baking powder
- 1½ teaspoons salt
- (Mix all together)

- ¾ cup vegetable oil
- 4 eggs
- ½ cup honey
- ½ cup molasses

- Add:
- 2 cups raisins
 - 1½ cup chopped dried fruit
 - 1 cup sunflower seeds
 - 1 cup nuts

Pour in 9x13 greased pan. Bake 30 to 40 minutes at 350 degrees. Makes 40 bars.

Rocky on Fitness: Walking can help sedentary

by Rocky Khosla, M.D.

First, I want to thank everyone who has taken the time to tell me that they missed my column last month. Especially the gentleman who told me that reading my column really helps him stay regular. I don't know what he meant, and I'm not sure I really want to know, but here's this month's column.

Is brisk walking as good as vigorous exercise in reducing the risk of developing heart disease in women? I think this is a good question because a lot of us runners tend to look down our noses at walkers. Also, there are a lot of people who are inactive (by some estimates up to 78% of the population), and these folks may find it easier to walk than to pursue a vigorous exercise regimen. The answer to the above question appears to be "yes," and the details can be looked over in the study published in the August 26, 1999, issue of the *New England Journal of Medicine*. Some of the details of the study are as follows:

The study compared the effects in women of a brisk walking program versus vigorous exercise in the prevention of coronary artery disease. This was a big study since it involved 72,488 women who were between the ages of 40 and 65, and these women were followed for 8 years. During this 8-year period, there were 645 cardiac events. The conclusion of the study was that it determined that both walking and vigorous exercise are associated with substantial reductions in the incidence of coronary events, and the magnitudes of risk reduction associated with brisk walking and vigorous exercise were similar when total energy expenditures were similar. Specifically, among women who either walked briskly at least 3 hours per week or exercised vigorously for 1½ hours per week, the risk of having a cardiac event was lowered by 30% to 40% compared to sedentary women.

I think this is a pretty cool study in many

ways. First of all, there haven't been a whole lot of studies done on women and cardiac disease. Secondly, it was a good long study that was prospective, meaning that the researchers didn't do the study on people who had had a heart attack. Instead, they followed the whole group to see what happened. This type of study tends to have less bias than retrospective studies. Lastly, the study chose women who had been largely inactive till middle age and then started either a brisk walking or vigorous exercise program, and both of these groups obtained a 30% to 40% reduction in the risk of coronary disease just within 8 years!

So if you know someone who is inactive and hates the idea of having to run or do other really vigorous exercise, tell them about this study and get them to try walking. You could be saving their life!

Till the next time, keep on moving down

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. 217

"Footprints" is the newsletter produced monthly by, about and for the SCR membership. The newsletter's aim is to keep the membership informed about all kinds of relevant information and nonsensical things, too.

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, Michael Richards (*)	

SCR meetings are held the first Tuesday of each month at 7 p.m. at the Pueblo YMCA in downtown Pueblo. Any SCR member are welcome to attend and express their utmost joy at being fine U.S. citizens.

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 aren't cool.

Tis the season to fall into the GOLD DUST SALOON for a cold one.

Gold Dust: 217 South Union Avenue

(*) - Michael Richards, for those of you who have ever watched the Seinfeld show on TV, plays Cosmo Kramer.



Great (& so-so) Stuff

by Gary Franchi



Determining a city's fitness level

Thought for today's lunch, compliments of Dave Barry, humor writer: "You will never see a cow voluntarily going anywhere near an Abdominizer."

Musings on running, fitness, life, etc.:

I'm reading an article in *Men's Fitness* magazine about the fittest and least fittest cities in America. Well, I WAS reading that article before I started writing this. But by the time you are reading this, assuming you can read of course, I probably have already forgotten what I read about the fittest and least fittest cities in America. Got all that?

Getting back to this article, *Men's Fitness* uses a report card of sorts that includes a list of specific categories in which it grades cities to determine their level of fitness. Sound pretty high-techish? Well, not really, when you consider that these are the categories it uses:

Percentage of smokers. Percentage of drinkers. Percentage of overweight people. Chronic-disease mortality. Parks. Air quality. Water quality. Sporting goods stores. Hamburger joints. And, as a tie-breaker, health club membership.

The top 5 least fittest cities according to *Men's Fitness* are: 1, New Orleans. 2, Columbus, Ohio. 3, Milwaukee. 4, El Paso, Texas. 5, Indianapolis.

It's top 5 fittest cities are: 1, San Diego. 2, San Francisco. 3, Denver. 4, Seattle. 5, Leadville, Colorado.

OK, so I'm pulling your leg about Leadville because it really doesn't have enough air to qualify. Although if you think about it, the residents of Leadville are probably – on average – fitter than the people in any of those other fittest cities. Especially if they live with oxygen tanks strapped to their backs.

Being who I am, I've been thinking about the *Men's Fitness* article and it seems to me that a few factors were left out of the fit/nofit categories. In order to get a true picture of a city's fitness level, maybe they should consider a few additional factors:

- Percentage of residents who own push lawn mowers. And use them.
- Number of snorkels sold annually.
- Number of aerobics instructors who wear thongs.
- Number of all-weather tracks open to the public.
- Number of running shoe stores that carry other brands besides Nike.
- Number of muscle heads who have a measurable IQ.

- Number of people who have dreamt about the Hawaii Ironman.
- Number of people who wear cross-training shoes while fishing.
- Number of aerobics videos rented at Blockbuster Video.
- And percentage of residences who claim to read running club newsletters.

Just a quick note: In case you haven't been following the local high school cross country season, you should. It seems to me that there is something really special going on this year. The level of quality talent is quite awesome. Some of the local kids have appeared in recent issues of "Footprints."



Steve Kirkendall is a talented freshman.

Another name has emerged recently – Steve Kirkendall. Steve is a freshman at Rye High who runs for County High. Keep your eye on this kid. He's pictured at left.

10 things I was just wondering:

- Why don't they make WET-roasted peanuts instead of just dry-roasted peanuts?
- Concerning Run to Work Day that was celebrated nationally on Sept. 17: Are we going to be penalized if we ran AFTER work

that day?

- At a rock concert, wouldn't it be cool if a band was booed when starting a song?
- What if Cheech and Chong sponsored the Great American Smokeout?
- How the heck did such a small circle of club members conduct so many races years ago before the number of local races started dwindling?
- Wouldn't it be easier to "listen to your body" if it would talk out loud?
- What if none of the race officials showed up on race day?
- Are animals athletes? (Like Secretariat, for instance.)
- What if everyone grunted when lifting weights?
- What if everyone lifting weights had a measurable IQ?

Enough nonsense for now. Over and out.

Follow Hornets on the web

If you'd like to follow the Pueblo County High School cross country season, the best place to do so is on the SCR's Home Page on the Internet. County Coach Jeff Arnold is providing weekly updates on his boys and girls individual and team performances, and he also includes top individuals regardless of team and the team scores.

It would be nice to have updates on all of the Pueblo harriers. We encourage coaches or runners on those teams to get reports to the SCR, and we will post them on our website. You can e-mail those reports to me Franchi@pcc.ccooes.edu or Ken Raich at raichk@pobox.com



Movie Line of the month:

"I can't be analyzed by somebody who until a few years ago still believed in Santa."

It's easy to figure out the voice of that line -- he's an actor who doesn't believe in Santa. That should pin it down quite a bit. Here's a bigger hint: this flick concerns a specific underground culture of society. Guess who and the flick and earn the right to eat pasta for dinner tonight.

Answers:
"Analyze This"
Billy Crystal in



Trail Notes: Discover this cool secret

by Shaun Gogarty



Happy Birthday to you!

September

- 2 Lillian Rivera
- Maria Elena Weaver
- 5 Cassie Berndt
- 7 Kyle Ottersberg
- 9 Jim Martinez
- 10 M. Edmund Vallejo
- 11 Aaron Berndt
- 13 Amanda Conner
- 14 Tiffany Reno
- 15 Matthew Diaz
- 18 Brian Cathcart
- 20 Andres Flores
- Trisha Ferguson
- 21 William Van Buskirk
- Stacy Diaz
- 22 Mike Orendorff
- 23 Gary Franchi
- 25 Jennifer Sherman
- 26 Jo Lukezic
- 27 Debra Hadley
- Stacie Taravella
- 28 Christine R. Bonham

October

- 1 Crystal Berndt
- 2 Jim Neblick
- 4 Joe Stommel
- 7 Alyssa Morris
- 9 Nick Leyva
- 10 Tom McKenna
- 11 Jackie Allen
- Paula Medina
- 12 Laura Engleman
- Denise Crepeau
- 13 Susan Crockenberg
- Michael Pugh
- 14 Janet Ulsh
- 16 Kathy Stommel
- Neal Taylor
- 20 Meghan Finley
- John Castanha
- 21 Jody Ottersberg
- 22 Mike Crepeau
- 27 Trevor Hadley
- Chantelle Gallegos
- 30 Aaron Lewis

Undoubtedly everyone is expecting to read about the "Pikes Peak Ascent or Marathon" for my "Trail Notes" this month. Sorry, I didn't do that run. But from what I know about it I can tell you that it is basically a run up and down a big mountain (I hope that does it justice!). What I want to tell you about this month has to be one of the best-kept secrets in Colorado: Greenhorn Mountain. Solitude is almost always the name of the game when you run on one of the trails: except for the occasional bears and other assorted wildlife. Add to that some incredible views and beautiful terrain and you are in for a great trail running experience. (Fellow SCR member) John Castanha recently introduced me to another great run on Greenhorn. Not only was it a beautiful run, it was a lot of fun to actually run a trail with someone I could keep up with. Now I've probably offended John and Rich (not to mention Pikes Peak runners) - John because I can keep up with him and Rich because I keep reminding him that he left me for bear food.

Anyway, to get to this great run take Hwy. 165 to the center of Rye. Stop at the intersection in the middle of town. Find a local person and ask them how to get to Bartlett Trail. Or if you are looking for adventure, head South on Boulder to Greenhorn Road. Just a little to the East on Greenhorn you should see Hunter Road, where you might notice an obscure wood sign that says "Bartlett Trail 4.5 miles." Follow the signs to the end of the road and, even when you think you must be lost, just keep going up.

As trails on Greenhorn go, it is actually relatively gentle as it winds around the Southeastern flanks of the mountain. Don't get me wrong, though, it is still quite a climb as it heads to the top (well below the top of Pikes Peak, no doubt). There are areas along this trail that are thick with ferns, moss and beautiful creeks, but the lower mile or two can be hot and dry climbing through sage and scrub oak.

Bartlett is an old favorite of mine, but John introduced me to a great variation: Apache Falls. About 3 miles up the trail there is a 50- or 60-foot-high rock cliff that comes right down onto the trail. Just past this rock outcrop there is (or might be) a little rock cairn on the left. If at this juncture you are running with Rich Hadley, you will probably miss the turn and just continue about 7 miles or so to the top of Greenhorn Mountain while Rich enjoys Apache Falls. If you are lucky enough to be with someone like John Castanha, he will actually show you the small, almost game side trail that drops off of Bartlett steeply zig-zagging east and south.

The trail drops downward for about 1.5 miles

through large pine and aspen woods. If you see anyone along this stretch of trail, it is probably Big Foot, because no one else knows about this little beauty. As you come down a small valley heading southward, you will intersect with a somewhat better defined trail that parallels a stream. Turn up river.

This is undoubtedly one of the prettiest little stretches of trail running on the mountain. The trail crosses the creek a couple of times as it gently climbs upward. Unfortunately, in less than a mile you leave the stream as you head back to the north (right) and climb a half-mile trail along a small creek to the base of Apache Falls in a dead end canyon. Your efforts are well rewarded as you enjoy a cascade of



cold water falling about 100 feet over a large, overhanging cliff. The mist may be enough to cool you or you can shower/swim in the crystal clear pool at the base. Don't bother with a swim suit because you'll most likely have this place all to yourself.

The trip back is difficult as you climb back to Barlett Trail. However, it is an enjoyable three miles or so of downhill back to the parking lot. This is one of the few places on Greenhorn where you can actually enjoy uphill and downhill running while going both directions (unlike Pikes Peak). Just remember Rule One of trail running before undertaking this trip: tell someone where you are going! It may be weeks before they find you wandering the back roads of Rye, much less the trail itself!!

Upcoming Events:

- September 25:** Kokopelli Trail Marathon & 50K (970) 928-0468
- September 26:** Boulder Backroads Half-Marathon & Marathon (303) 939-9661
- October 16:** Mile High Trail Challenge, 100M/50M/33M/16M. (303) 973-7575



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Definitely Not Great Stuff

by Matt Martin

Paying heed to "Mindfulness"

"Wherever you go, there you are."

- John Kabat Zinn

Austin "Ozzie" Gontang, Ph.D., is the director of the San Diego Marathon Clinic, est. 1975, the director of the International Association of Marathoners (IAM), and the director of the IAM Super Four Support Team & Psyching Team. Dr. Gontang also is the "maintainer" of the Internet newsgroup, rec.running. Finally, Dr. Gontang maintains a website – <http://www.mindfulness.com>.

Mindfulness, as Dr. Gontang describes it, "is being aware of your present moment. You are not judging, reflecting or thinking. You are simply observing the moment in which you find yourself. Moments are like a breath. Each breath is replaced by the next breath." Mindfulness, in the context of reading this column, means observing and thinking of what you are doing at the mo-

ment, rather than, as Pearl Jam sings in Present Tense from their No Code recording, "re-digesting past regrets."

How does mindfulness tie into running, you might ask yourself? Dr. Gontang describes running as "a metaphor for life." Just as no one can run a marathon for you, only you can run the course of your life. Dr. Gontang says: "I am a marathoner because I bring the being in the moment while marathoning to my daily life." Running, he says, helps each of us to live in the moment, to go the long distance, and to endure the difficult paths that lay ahead of us.

Dr. Gontang is also the originator of the GAPO(c) running theory. This theory attempts to explain the mechanics of foot fall. The accompanying column appeared as a thread to a rec.running discussion on footfall. It is reprinted on this page with Dr. Gontang's permission.



**More from
Dr. Matteo
by Matt Martin**

A recent rec.running thread touched on the subject of "running" songs. A running song, according to the initial post in this thread, is a song that refers to running in the title, that has an obscure reference to running that only other runners would understand, or that revs you up and gets you out the door when sitting in front of the TV seems like a better idea. A contributor to the thread, who obviously spent way too much time answering the original post, suggested 65 song titles. Some of the titles were pretty obvious ones, like "Run Like Hell" by Pink Floyd, "Runaway" by Del Shannon, "Running on Empty" by Jackson Browne, "Band on the Run" by Wings, and "Run Through The Jungle" by CCR. In researching for this column, I found a website,

[http://](http://www.hulaman.com/runtunes.html)

www.hulaman.com/runtunes.html

devoted to "Running Songs and Tunes to Run By." With MPC3 web technology and this site as a guide, one could probably make a pretty good 90-minute tape of running songs for free.



* * *

Whys & wherefores of Footfall and running

by Austin "Ozzie" Gontang, Ph.D.

Heel striking for most runners means landing on the back of the heel of the "shoe." That is an overstride because the actual heel of the foot is about two inches in front of the back of the heel of the shoe. When someone lands on the back of the heel of the shoe, they are decelerating or stopping themselves every step they take. It is that stopping and jarring and compacting while aerobic that is "in the long run" deleterious and destructive to the human physical structure.

Running shoes - especially running shoes with big, thick and cushy, heels - mask the effects of landing on the heels. The shoe heels mask or address the symptom but do not assist the runner in seeking a solution to the cause.

If it is humanly possible to run smoothly over the surface of the earth by some runners who we call world class, then it is possible for all of us to do what other humans do. While we may not run as fast, we can run as smoothly as the best runners.

The reason for heel strikers to do what they do is based on Running Theory of GAPO(c). Simply put, heel strikers strike heel first because of their fear of falling.

The Running Theory of GAPO(c) (based on a clinical study N=25,000):

- We run the way we walk.
- We walk the way we walk because we can.
- We walk the way we can because we are afraid of falling.
- We are afraid of falling because we did.

- We did fall because we were running fast & lost control between ages 3 and 8.
- It was a one-time learning experience indelibly implanted in body and brain.
- When we lost control and fell during our fast running, we landed on our knees, elbows, palms of hands, many hit head, cheek or chin.

About 1 in 40 needed anywhere from 2 to 20 stitches to close the chin cut. The damage to other body parts was severe enough to cause intense pain. From that day forward, we said to ourselves (both the thinking mind and the thinking body), "I will never fall again because it is too painful!" That one-time learning experience has transformed us into who we are today: people who are afraid of falling. So the majority of those taking up running do so with the fear of falling. This fear is manifest in those runners who land on the back of the heel of their "shoe."

This Running Theory of GAPO(c) assumes that "It's not what you know that gets you into trouble. It's what you know that just ain't so" that does.

One last point to get the fear of falling across. You are looking in your mind's and body's eye at a four-panel cartoon. Panel 1: You are walking along eating a banana. Panel 2: You are tossing the banana peel over your shoulder. Panel 3: Ozzie Gontang is about to step on your banana peel as he walks. Panel 4: Picture in your mind's eye the fourth panel and how he falls. Question: If I had not been afraid of falling, would I have fallen this way?



Pikes Peak results

Congrats to all of the local runners listed below who completed the Pikes Peak Ascent & Marathon last month:

Pikes Peak Marathon

Matt Rottinghaus, Pueblo	5:32:10
B. Nezvensky, Pueblo	6:21:34
Robert Santoyo, Pueblo	6:35:19
Steve Farley, Pueblo	6:36:34
Carol Ann Kinzy, Pueblo	6:47:35
H. Humphreys, Cañon	7:56:25
Randy Reeves, Ordway	8:44:17
Greg Kress, Beulah	8:49:06

Pikes Peak Ascent

Males

Paul Koch, CO Springs	2:24:03
Mark Koch, Pueblo	2:39:49
Tom LeDoux, Cañon	3:17:35
Sam McClure, Cañon	3:38:12
Ken Danyichuk, Pueblo	3:39:24
John Castanha, Rye	3:44:39
Mark Rickman, Pueblo	3:45:45
Rocky Khosla, Pueblo	3:47:12
Jim Schreiber, Pueblo W.	3:47:43
Ben Valdez, Pueblo W.	3:51:11
Fred Vigil, Pueblo	3:54:21
Bill Veges, Pueblo	3:56:05
Paul Vorndam, Rye	3:58:06
Lou Huie (ex-CO Springs)	3:58:27
Nick Leyva, Pueblo	3:58:35
Dave Diaz, Pueblo	4:00:50
Matt Sherman, Pueblo	4:02:52
Ed Shute, Cañon City	4:04:48
John Sell, Cañon City	4:10:43
Hugh Parker, Pueblo	4:13:32
Butch Faoro, Penrose	4:35:12
Boney Cosyleon, Pueblo	4:55:07
Mike Archuleta, Pueblo	5:06:57

Females

Prairie Neeley, Cañon	3:26:15
Susan Dorle, CO Springs	3:41:07
Sharon Vigil, Pueblo	3:52:40
Laura Schilf, Cañon	3:59:01
Jan Huie, (ex-CO Sprgs)	4:00:49
Rita Vigil, Pueblo	4:03:28
Jessie Quintana, Pueblo	4:21:38
L. Engleman, Woodland	4:37:44
Misti Frey, Pueblo West	4:44:04
Eva Cosyleon, Pueblo	4:58:22
MJ Martinez, Pueblo	4:59:54
Dana Vasquez, Pueblo	5:10:03
Cheryl McCoy, Salida	5:43:54

SCR Prediction Series



They're Off!

Twenty-two runners get under way in the Nirvana Run after the "Ready, Set, Go" signal given by guest starter Gary Franchi. Plenty of good eats and treats awaited runners at the Franchi household after they completed the 4-mile Colorado City jaunt.

Photo by Gary Franchi

Nirvana Run

4-mile Prediction Race held Sept. 4 in Colorado City.

Before this race, each runner was required to predict his/her finishing time. Watches were not allowed to be worn during the event. The runner who came closest to finishing at his/her predicted time was the winner.

Name	Age	Predict	Actual	Diff.	Points
1 Ben Valdez	39	29:00	29:03	00:03	100.00
2 Mike Orendorff	47	25:00	24:54	00:06	95.45
3 Nick Leyva	45	29:30	29:36	00:06	90.91
4 Bill Veges	42	28:30	28:54	00:24	86.36
5 Dan Hickman	17	26:00	25:28	00:32	81.82
6 Dave Diaz	51	28:30	29:09	00:39	77.27
7 Robert Santoya	37	28:00	28:39	00:39	72.73
8 Matt Martin	44	36:00	36:46	00:46	68.18
9 Rich Hadley	43	25:00	23:47	01:13	63.64
10 Trevor Hadley	17	27:30	26:13	01:17	59.09
11 Erin Honaker	16	38:25	37:00	01:25	54.55
12 Melinda Orendorff	47	50:30	48:36	01:54	50.00
13 Jessica Gogarty	17	34:30	32:34	01:56	45.45
14 Shaun Gogarty	40	32:00	29:35	02:25	40.91
15 Aaron Berndt	10	40:00	42:28	02:28	36.36
16 Logan Gogarty	10	40:00	42:28	02:28	31.82
17 Marijane Martinez	47	36:00	33:28	02:32	27.27
18 Calley Till	27	32:00	29:25	02:35	22.73
19 Mike Till	27	32:00	29:25	02:35	18.18
20 Crystal Berndt	14	47:00	50:10	03:10	13.64
21 Pat Berndt	xx	47:00	50:11	03:11	9.09
22 Gloria Gogarty	43	40:58	36:43	04:15	4.55

Nirvana Run recap

Nick Leyva and Mike Orendorff must have thought they were pretty cool, finishing only 6 seconds off their predicted times in the Nirvana Run. Ah, but Ben Valdez's 4-mile time of 29:03 was just 3 seconds off his predict as he earned 100 points in the SCR's 1999 Prediction Race Series. There are 2 Prediction races left - the Harvest Run (Pg. 1) on Oct. 23 and Marijane & Nick's Excellent Adventure in December. Each runner's top 4 times will count in the official overall standings.

1999 Prediction Series Standings

Name	Runoff Prep	Ramsgate 8K	Tunnel Drive	Nirvana 4M	Total Points
Bill Veges	46.67	72.73	100.00	86.36	305.76
Dave Diaz	20.00	100.00	90.00	77.27	287.27
Nick Leyva	100.00	18.18	60.00	90.91	269.09
Ben Valdez	26.67	90.91		100.00	217.58
Matt Sherman	93.33	54.55			147.88
Jim Robinson	53.33		80.00		133.33
Mike Orendorff		36.36		95.45	131.82
Robert Santoya		45.45		72.73	118.18
Marijane Martinez	60.00	27.27		27.27	114.55
Melinda Orendorff		63.64		50.00	113.64
Rich Hadley			40.00	63.64	103.64
Melissa Mincic	86.67				86.67
Don Pfof		81.82			81.82
Dan Hickman				81.82	81.82
Makiko Taekei	80.00				80.00
Hannah Muchine	73.33				73.33
Laura Schilf			70.00		70.00
Matt Martin				68.18	68.18
Catherine Waitimu	66.67				66.67
Trevor Hadley				59.09	59.09
Erin Honaker			54.55		54.55
Roy Hughes			50.00		50.00
Jessica Gogarty				45.45	45.45
Shaun Gogarty				40.91	40.91
Helen Robinson	40.00				40.00
Aaron Berndt				36.36	36.36
Sam Edwards	33.33				33.33
Logan Gogarty				31.82	31.82
Tim Vigil		30.00			30.00
Calley Till				22.73	22.73
Maria Elena Weaver			20.00		20.00
Mike Till				18.18	18.18
Crystal Berndt				13.64	13.64
Ted Puls	13.33				13.33
Mike Cone		10.00			10.00
Rita Vigil		9.09			9.09
Pat Berndt				9.09	9.09
G.E. Puls	6.67				6.67
Gloria Gogarty				4.55	4.55

NEXT MONTH: Coverage of the Run for the Rose 5K Run/Walk

Next SCR Meeting

The next SCR meeting will be held at 7 p.m. Tuesday, Oct. 5, 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

October

10	Sun	7:00AM	River Trail Marathon	Pueblo West	(719) 543-5151
		7:30AM	River Trail Half-Marathon & 10K	Half-Pueblo W.	"
				10K-Nature Center	"
23	Sat	5:00PM	Harvest Prediction Run, 5M	Pueblo West	(719) 564-9303
23	Sat	10:00AM	Race Against Drug Abuse, 5K	City Park	(719) 564-0055

Other somewhat nearby areas

September

26	Sun	Governor's Cup, 10K & 5K R/W	Denver	(303) 694-2030
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October

2	Sat	Grand Prix Half-Marathon	Air Force Academy	(719) 635-8803
3	Sat	Race for the Cure, 5K	Civic Center Park, Denver	(202) 744-8997
3	Sun	Fall Series #1: 3M, Kids .5M	No. Monument Valley Pk, CS	(719) 590-7086
10	Sun	Run on the Wildside, 10K & 5K	City Park, Denver	(303) 762-8585
17	Sun	Fall Series #2: 4.5M, Kids: .75M	Bear Creek Reg. Park, CS	(719) 590-7086
17	Sun	Tri S'More Girl Scouts 5K	Washington Park, Denver	(303) 762-8585
30	Sat	Mayor's Cup, 5K & Kids .5K	Manitou Springs	(719) 473-7848
31	Sun	Fall Series #3: 6M, Kids: 1M	Ute Valley Park, CS	(719) 590-7086
31	Sun	Airheads Halloween Hustle, 5K	City Park, Denver	(303) 694-2030

November

6	Sat	Mayor's Cup 5K & 10K Challenge ...	Colorado Springs	(719) 635-8803
7	Sun	Veteran's Day 10-Miler & 5K	Cherry Creek State Park, Den	(303) 694-2030
14	Sun	Fall Series #4: 7M, Kids: 1.25M	Palmer Park, CS	(719) 590-7086
20	Sat	Turkey Trot Predict, 5K	Prospect Lake, CS	(719) 473-2483
25	Thur	Turkey Trot, 4M Run/Walk	Washington Park, Denver	(303) 694-2030

December

4	Sat	Jingle Bell Run, 5K	Monument Valley Park., CS	(719) 475-1075
12	Sun	Teddy Bear 5K, Run/Walk	Monument Valley Park, CS	(719) 5948-

Regional Marathons (& others of interest)

Sept.	25	Kokopelli Trail (& Half) – Grand Junction	(970) 242-7802
	26	Duke City – Albuquerque	(505) 890-1018
	26	Boulder Backroads (& Half)	(303) 939-9661
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
	17	Colorado (& Half & 5K), Cherry Crk St. Park	(303) 694-2030
	17	Wichita (KN)	(316) 636-1266
	24	Chicago (IL)	(888) 243-3344
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
January	9	Walt Disney World – Orlando, Fla.	(407) 939-7810
	16	San Diego (& Half)	(619) 792-2900
February	6	Las Vegas International (& Half & 5K)	(702) 876-3870



Other known 1999 races

September 25
Tenderfoot Triathlon
& Duathlon – Salida

September 26
Vail Half-Marathon

October 2
Teddy Bear 5K
– Denver

October 9
Holy Cow Trail 10K & 5K
– Westminster

October 23
Hawaii Ironman

November 13
Rim Rock Run
– Grand Junction

November 25
Turkey Trot, 4M R/W
– Denver

*** December 5 ***
Rock Canyon
Half-Marathon

*** December 12 ***
The Excellent
Adventure

December 12
Jingle Bell Run, 5K
– Denver



Baby jogger

Anyone have a baby jogger in pretty good condition that you would like to sell? If so, please call SCR members Matt and Jenny Sherman, who are expecting their first child in March. You can reach them at 564-3179.



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

- In the 29 races he ran in 1998, Bill Rodgers set 26 course records in the 50-54 age division. – *Modern Maturity*
- Since 1990, the average daily caloric intake of Americans is up 11% for men and 6% for women. – *U.S. Government*
- Once you're dehydrated, it may take up to 48 hours to properly rehydrate. – *written down in Gary's notebook*
- Runners who read "Footprints" are 89.7% more likely to overeat because of stress and to become dehydrated for unknown reasons. – *Pollsters Unlimited*

Racing information to totally ignore

by the Editor

Hot to Trot 5K

Sure hate to see a race canceled, but the Hot to Trot 5K scheduled for September 26 race kinda got away from the planners until it was deemed too late to make all of the preparations needed to put on a quality race. Hence, rather than risk putting on a sub-par race, the SCR decided at its September meeting to cancel the race for this year but to put it back on the schedule for next year. The idea is to begin planning for it earlier next year. Let's hope so.

Corporate Cup

While the events in the Corporate Cup don't fall under the SCR umbrella per se, SCR members lend a big hand as volunteers each year to help make these week-long activities a success for the YMCA, our sister organization. The Y could use some help at the finish line of the 5K Run/Walk, which attracts about a thousand competitors, on Saturday morning, Oct. 25, at USC and possibly at the 1-mile run at 6 p.m. Thursday, Sept. 30, at the State Fairgrounds. Call Ben Valdez at the Y (543-5151) if you can help.

River Trail races

Runners from all over the state, and several from out of state, will converge on Pueblo on Sunday, Oct. 10, for the annual River Trail marathon, half-marathon and 10K races. Hence, we need to put on the highest-quality production that is possible.

Thanks to the experienced organizational skills of Race Director Ben Valdez, the River Trail should be another big success. But volunteers are still needed. If you can help out as an individual or as a group (manning an aid station), please call Ben at 543-5151.

Race Against Drug Abuse

Timing isn't everything. First the Race for a Cure is scheduled a day after the Run for the Rose 5K, cutting into the size of the race field for the "Rose." Then the Pueblo Boys and Girls Club schedules its annual Race Against Drug Abuse on Saturday, Oct. 23, the same day as the Harvest Poker Run. The Drug Abuse race will start at 10 a.m. at City Park, with the exact course undetermined as this issue went to the printer. The course may go to the Nature Center and back to the City Park Pavilion. If you're young, you can race in the AM and then do the Harvest at 5 p.m.

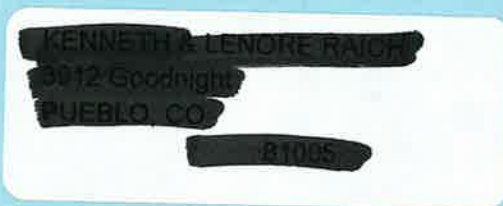
For the soul ...

"It's obvious to me when I'm running that people aren't meant to be sedentary. Being sedentary doesn't bring you peace."

– Dr. Kim Griffin, marathoner & mother

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

Non-Profit
Organization
U.S. Postage
Pueblo, Colorado
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Keep the good stuff rolling in 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