



EDITOR: Gary Franchi

FOOTPRINTS

The choice for any millenium.

A mighty scary October 1999 edition

As Good As It Gets

USA Triathlon Championships yield exquisite experience

(Ed. Note: Club members Mike Orendorff, Blake Ottserberg, Ryan Dorsey-Spitz and Jenna Dorsey-Spitz all traveled to St. Joseph, Missouri recently to compete in the USA Triathlon National Championships. There, Mike and Blake qualified for the World Triathlon Championships to be held in April in Perth, Australia and Ryan missed by just 1 spot. Mike's time was 2:13:25 and Blake's was 2:15:33 for the Olympic distance. Mike was so pumped after finishing 2nd in his age division that I asked him if he would share his thoughts and feelings with readers of "Footprints." This is his account of the experience. Enjoy!)

By Mike Orendorff

It was a wonderful time. Not quite a fairy tale but still a surprising ending. I hope this doesn't read like the stereotype regarding watching videos and slides of other people's vacations.

Begin by combining a few factors in your head and see if they compute to even a slight possibility of a 2nd at a national competition. They are not meant to glorify the performance (a silly thing at my age), but I truly would like you to enter into the frame of mind and level of expectation that Melinda and I had when we left for our St. Joseph vacation

1. In late June, my Achilles' tendon had become so inflamed I had to quit running. I tried to substitute water running

and/or jumping rope, but it was too boring for me to do consistently. So I returned to irregular running after about 3 weeks - whatever I could maintain without excessive inflammation.

2. At the end of July, a few days prior to the Boulder Peaks Triathlon, which this year was the Rocky Mountain's only Ironman Qualifier (the Hawaii Ironman is the holy grail of long-distance triathloning), I sprained my ankle. Though I did win my age group at the Boulder Peaks and, thus, qualified to compete in Hawaii, the major focus on the 10K run was to not exacerbate the sprain. I was hobbling pretty good afterwards (not for your sympathy, either, Mr. Editor). This kept me from training hard for the run leg of triathlons.

3. Between Boulder Peaks and Nationals, I became so weakened at one period that I did not go to work for several days. Training afterwards was, of course, not intense.

4. A few days prior to leaving for St. Joseph, a virus settled into my throat and upper respiratory tract. This infection has still not been completely defeated (as I cough away).

With all these negatives, we kept putting off a decision about making the trip. Airline reservations were out of the question. Long hours in the car would be our traveling fate should we go.

The decision to go became almost strictly a vacation decision. We needed to get out of town for a break.

Continued on Page 3



And, no, he didn't get weary

Loveland's Phil Ware lived up to the biblical saying he wore on his back during the River Trail Marathon on Oct. 10 by winning the race with his 2:46:54 time. It was Ware's second consecutive River Trail Marathon victory (2:51 last year). Pueblo's Maddy Tormoen set a course record for women while winning her division in 3:02:38.

More coverage (results, photographs) of the River Trail Marathon, Half-Marathon and 10K races are on Pages 7 and 8 of this issue.





Great (& so-so) Stuff

by Gary Franchi



Thought for today's lunch, compliments of Henry Youngman: "I don't know what makes you so stupid, but it really works."

Musings on running, fitness, life, etc.:

Some things never change. On my way to run in the **Corporate Cup 5K** at USC last month, I made a pit stop at the Loaf 'n Jug on Bonforte in Belmont. A lady, wearing her team's Corporate Cup shirt, made a quick stop there, too, for two packs of cigarettes before hurrying over to walk in the 5K. Wonder if she lit up during the 5K?

Judy Tucker, one of the original founders of the Southern Colorado Runners back in 1980, made a return appearance to the local racing scene at the Run for the Rose 5K at City Park last month. Judy had pretty much stopped running for quite a while because of a hip problem. Then she went on a serious diet and lost 25 pounds and – voila! – her hip pain went away. Judy and her hubby, Bill, split their living time between Pueblo and Las Vegas, where they have now returned for the colder months.



Judy Tucker at the Run for the Rose 5K

Hope you enjoyed club member **Mike Orendorff's** piece on the National Triathlon Championships as much as I did. Earlier, **Dorsey-Spitz** siblings **Lauren and Brendan** sparkled at another triathlon – the IronKids Challenge in San Antonio. Lauren captured 2nd in the 9-and-under girls division while Brendan took 4th in the 13-year-old boys division. Also, I see where the SCR's **Gerald Puls** competed in the ITU World Duathlon Championships in Huntersville, N.C., after winning the 70-74 age division at the Desert Duathlon in Tucson back in May. Meanwhile, Pueblo native **Chris Borton** won the first leg of the Fall Cross Country Series in Colorado Springs with a 22:17 4-mile time. Kudos to all of you!!

In case you've ever wanted to run the Peachtree race, you'll get your chance next year when the **Road Runners Club of America's national convention** is held in Peachtree City, Georgia. Those attending the convention are guaranteed a slot in the Peachtree race if they register for it. I think it's a 10K but I'm not sure. Traditionally, the Peach-

tree race fills months ahead of time. The convention for the year 2001 will be in Albuquerque. The convention for the year 2002 will be in Pueblo, with the SCR the host running club.

I stopped at the **Wendy's** restaurant at 6th and Santa Fe for a bite after the River Trail Marathon. The folks there are quite resourceful. In the men's room, they use a ketchup squeeze bottle for a liquid soap dispenser. Well, at least half the soap doesn't wind up on the floor like it does in other places.

By the way, I was **just kidding** about Pueblo and the SCR hosting the RRCA convention in 2002. Just wanted to see if anyone actually reads this stuff.

Till next month, have a great life and a much better after-life.

Chewta sez:


"I've been told that the club is starting to seek nominations for the SCR's male and female runners of the year as well as the SCR's most valuable club member for 1999. We will include all nominations on the ballot that will be distributed at the club's annual awards banquet in January. If you'd like to nominate an SCR member for any of these awards, please contact an SCR officer. Ruff, ruff!"



Who is This?

Can you guess who is pictured above in those fancy threads (great tie!) and sharp hair style? Hints: An SCR member, he is a tad older today, has a bit more facial hair, and is married to a fellow SCR member. If you have to cheat, the answer is revealed on the back cover of this issue.

(*) – Reggie Dunlap is the character played by Paul Newman in the classic movie "Slap Shot."



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. 218 or so

"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 irrelevant information. It certainly succeeds.

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, Reggie Dunlap (*)	

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 discuss the true meaning of life.

ADVERTISING POLICY: The SCR allows advertising in "Footprints" in the form of display ads or flyer inserts. The standard charge for ads is \$25 for a business card-size ad and progressively higher for larger sizes. The fee is \$25 to have non-race flyers inserted. There is no charge to have race flyers inserted. The club reserves the right to reject ads/flyers that aren't cool.

USA Triathlon

Continued from Page 1

Aside 1

It's quite enjoyable to be part of a national-level sporting event, even if one does not expect to place well. The enthusiasm and ability level of the athletes is uniformly high. The quality of the event production is, or should be, high. The course should be challenging. The pre-race meetings and scouting of the course prior to race day gets one psyched. I remain a child and am always thrilled just to walk around and see the people and view the preparations. In the water at the start, being surrounded by other folks my age who have consistently placed high at Nationals and have competed at Worlds changes significantly the tenor of the race.

The saga continues

So you see why we truly expected nothing more than an enjoyable little trip. And when I exited the water at the finish of the first leg of the triathlon, it was a good thing I had not expected much. I was 15th in my age group and over 3 minutes back of the leaders -- a horrid swim, the worst of the season. My technique, not conditioning, always leaves me back in the pack amongst swimmers. The last trip to Nationals was 2 years ago in Maryland. There, I exited the water 11th, a higher place. My time was also much closer to the leaders. Then I ended up 4th. So at St. Joseph, upon being told I was 15th, I was just hoping to crack the top 10 by the end of the run.

We now began the mad dash out of the water, stripping off a full body wetsuit while running, throwing on helmet and shoes, and then dashing out of the transition area (imagine a parking lot for 1,100 bikes) to the road mount zone.

The bike course was the jewel event of this triathlon. The roads are typical of a small Midwestern or eastern town that used to be a major intersection in the 1800s. Roads meet at crazy angles. Names change without warning. Roads were created prior to having bulldozers scrape away the hills, so one hits very stiff, short upgrades, then crazy, quick downhill. Hairpin curves on parkways abound. But this is what one wants at a championship event. Bike handling should be part of the challenge. One should not just get set in the aero bars, tuck the head and power pump down the road.

Aside 2

Try this in Pueblo. Part of the bike course was on an Interstate. At one point we rode up an Exit ramp and headed North in one of the southbound lanes of the Interstate. We came to a turnaround point and then headed south in a different southbound lane. Obviously, all southbound lanes of the Interstate were closed for several miles for several hours. In fact, the whole bike course was closed to traffic - a first at a National championship. In addition, showing the incredible cooperation and organization of the event management team, the city and various regional organizations, etc., the railroad companies agreed to not run any trains through town from 7 a.m. till noon.

The saga continues again

On the bike, I'd hooked up with one of the top folks in the next age group (2 age groups started together in my swim wave). With-

out drafting (illegal in age-group racing), we jockeyed back and forth on the bike course. That helped me push a little -- perhaps too much on some corners since I almost went spilling off the road in a couple of hairpin curves.

The cycling portion was now done. I had charged into the transition area, racked my back, slammed on my running shoes and headed out into the run exit chute. It looked like folks were running cattle with all the chutes. Here, Melinda told me that by her best guess I was now 5th in my age group. I had surprising bounce in my legs.

The 55-and-over men and women had started long enough before my swim wave so it was only now that I was beginning to catch -- or see returning from the run -- some of the

top folks in those ages. One of the delights in going to Nationals is seeing the competitive level of those 60-and-over (only 12 years away for me, now) competitors. It's tough racing up through the 70s. It's inspiring to see '60' on the calf of someone you catch on the run and have to work hard to put him away. (Our ages are on our calves so people know when passing or being passed if the person is someone they need to be concerned with and do battle with.)

Before the turnaround of the 10K run, I had moved into 3rd. Well before the turnaround, I saw 1st and 2nd running together and looking strong. I thought, "Well, third is certainly far better than I ever expected so just enjoy, maintain form and rhythm, and keep playing with the tachometer red-line without blowing out the engine.

We turned into the last portion of the finishing chute about 25-30 yards from the finish. This is where the banners and balloons and crowds and noise are the thickest and loudest. Right before this turn, I spotted '45' on someone's calf (my age group is 45-49). I was thinking, "What the heck, I must have miscounted. I must have been in 4th, not 3rd. But maybe I really am going to move into 2nd." That thought gave me a thrill (I don't have a star athlete background) and I began to go into kamikaze mode. I felt like I was applying the power and began sprinting. But after 2 hours of racing at the red-line level, I probably appeared to observers as if I was starring in a slow-mo video. Actually, I was running scared. I had no idea what juice the guy in front of me had, so I expected at any moment of these last strides to see a blur go by. Nothing did. I took second -- behind the guy who placed second at this year's World's.

The Aftermath

Now I'm in my training mode for April 29 of the Year 2000. I'll probably only be rested for 1 or 2 local running races during this winter (which I hope is the first one in 6 years that injury or illness does not prevent me from training through). Wish me luck. (Ed. Note: Good luck!) I'm already down a notch or two on my age group's team. A person who raced as a professional into his latter 30s is aging up between now and World's. That will happen with others around the world. So already I'm a has-been. But I'm still havin' fun and our next trip will be just a tad longer than going to St. Joseph, Missouri - about 23 hours of flight time longer (one-way).



Mike Orendorff is now in his training mode



Trail Notes: Try the Indian Creek Trail

by Shaun Gogarty



Upcoming SCR Birthdays

November

- 1 Mark Robinson
- 3 Barbara Hadley
Julie Arellano
- 4 Sean Bryan
Kathy Ullsh
- 5 Jessie Quintana
- 10 Cindy Rivera
- 11 Jed Balestrieri
George Balles
- 17 Myra Whitney
Rocky Khosla, M.D.
Larry Volk
Scot Montoya
- 23 Kathy Tonsing
Eric Gochanour
- 25 Rob Huie
Lenore Raich
Chrissy Cruz
- 26 Mike Borton
- 27 Michael George
Jean Halfpop
Franses Cosyleon
- 28 Andrea Crockenberg
Nancy Aguirre
- 29 Robert Quintana

Why does this not surprise me?

The SCR recently sent one of its chronomix machines out of state to be repaired. A chronomix is an electronic timing device used to record finish times at road races. We got off pretty cheap on this one, with it costing just \$63.24 plus shipping for the repair work. The reason we were given as the cause of the problem was that "somebody spilled beer on it."

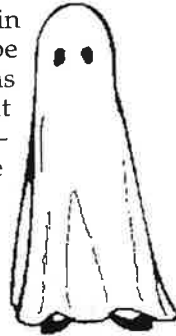
It would be nice if this article is out before the snow flies because this could be the last run of the season without snow shoes or skis. Of course, if it has snowed, this would either be a great run in the spring or a good winter run/ski.

If you tried the run described in the last issue of "Footprints" and you are actually reading this, then congratulations - you made it back alive!! I hope that you actually found the waterfall and enjoyed the run. The "featured" run for this month is just as beautiful but without any waterfalls. It is also a little further from Pueblo than Rye, but worth the drive. I'm talking about Indian Creek Trail near Cuchara.

When you think of skiing in Colorado, Cuchara may not be one of the first (or last) areas that comes to mind. Perhaps it is its sometimes sparse snowfall or the fact that at times the wind blows so hard the snowfall gets relocated to Kansas along with small animals, young children and unburied garbage. But what the area lacks in snow, it makes up for in beauty. Additionally, the minimal winter makes for a much longer running season with beautiful fall and spring conditions.

The run starts at the Bear Lake Campground. To get there, drive from La Veta to Cuchara. Just outside of La Veta, notice a dirt road on the right marked "Sulphur Springs Ranch" - that is where you will finish if you don't get lost or eaten. A few miles past Chuchara, turn west on the road to Blue & Bear lakes. Follow the dirt road to its end in the Bear Lake Campground, where you will find the beginning of Indian Creek Trail. The trail heads almost due north. Unfortunately, the trail is open to ATV's, but that does make for a rather wide and relatively smooth surface. If you run during the week, your chances of seeing anyone are slim to none.

From the campground, the trail climbs for about a half-mile up to a grassy knoll surrounded by pine trees. From there, it begins an up-and-down type of course for a few miles, although more down than up. The trail is wide and never very steep as it contours along the mountain slope. At many of the small canyons, there are crystal-clear streams running from the snowy ridge above. The trees are both pine and



aspens, making a great color combination, especially in the fall.

During these first 6 miles, the trail intersects two other trails that go down and to the east. These both can be taken for shorter routes connecting with the highway near the ski area. After the two chances to turn off, the trail climbs steeply for about a mile. At this point you can look back to the South and East and catch glimpses of the ski runs.

If you are like me and either get lost (i.e. left behind) when you run with others or people only run with you one time, then you will probably be running this trail alone. I recommend, some "bear bells." On this stretch, as I came along a ridge, I looked up to see a bear not a hundred feet in front of me just lumbering down the trail. He/she had not seen, heard or smelled me. About 9 miles into the run, I was too tired to turn back, so I had to scare the bear off the trail. It probably wasn't a real intelligent thing to do, but who said you had to be intelligent to run trails? (*Ed. Note: Or to run at all.*) With some whistles, shouts and waves of the arm, I finally got the bear to notice me and he headed up the trail. Needless to say, I was very keenly aware of every sound I heard for the rest of the run. When a big buck came crashing through the woods a mile later, I just about doubled my maximum heart rate - standing still!!

With the climb out of the way, you are ready to descend another few miles to the Sulphur Springs Guest Ranch. This section of the trail crosses several steep gullies but generally is a good downhill run. At the bottom, you hit a road which you can follow another mile to the ranch or you can stop where the trail intersects the road. Hopefully you've left a car or a loved one at this end, or if you're really tough you'll run the 14 miles back to the start.

Come down to the
GOLD DUST SALOON
for your Halloween treat.

**GOLD DUST
SALOON**
M⁴RID INC.

Gold Dust: 217 South Union Avenue

Rocky on Fitness

by Rocky Khosla, M.D.

Listen up – Get your flu shots ASAP!

There have been some significant changes in the recommendations for pediatric immunizations (i.e. shots), so I thought that I would review some of these for the benefit of parents and children amongst the readers.

For openers, why even give shots? The idea is that you can get the body's immune system to recognize and make an immune response to a decoy. Then when the real organism shows up, the immune system may be able to destroy this organism before it is able to reek all sorts of havoc.

So how do you give someone a decoy to allow this to happen? Well, there are actually two approaches that have been taken: live, attenuated vaccines versus killed vaccines.

With live, attenuated vaccines, we take the organism and biologically change it so that it supposedly cannot cause much damage to the body and yet will allow the body to mount an immune response to it. An example of this is the TOPV (Trivalent Oral Polio Vaccine).

The second approach is to kill the organism and then use all or parts of the organism to allow the body to generate an immune response. An example of this is the IPV (Inactivated Polio Vaccine). The benefits of the live vaccine are that it seems to generate a better immune response, but the downside is that every once in a while the organism mutates back to its nasty self and actually can cause the infection that we were trying to prevent. The benefit of the killed vaccine (like the flu shot) is that it cannot cause the disease itself, but the disadvantage is that it may not get as good an immune response as a live attenuated vaccine.

Three big changes have occurred in the last 6 months that may affect parents and their young children. First, it looks like the biggest number of newly diagnosed cases of polio in children in this country have been caused by them receiving the TOPV. So we

are now recommending that children not receive the TOPV for the first two doses, but that they receive the IPV. And some folks are recommending that we do away with the TOPV all together and replace it with the IPV.

Secondly, a vaccine was introduced against rotavirus, which is the most common cause of serious pediatric diarrhea. However, there have been several cases of intussusception reported in children who have received this vaccine. Intussusception is where a loop of bowel may fold and push itself into another loop of bowel, and the symptoms are belly pain, darkish red stool, fever and vomiting. Thus, it is probably best to hold off on getting the rotavirus vaccine till we can further evaluate its safety.

Lastly, the FDA has raised some concerns about thimerisol and its potential for ill effects in newborns. Thimerisol is a mercury-based preservative present in some vaccines, most notably the most commonly given Hepatitis B vaccine. The most recent recommendations are that thimerisol-containing vaccines should not be given in the newborn period. So for all of you parents with newborns, I suggest that you wait till the child is at least 6 to 8 weeks old before the Hepatitis B vaccine is given.

All of the above may shake your faith in the whole idea of vaccination, but let us not throw out the baby with the bath water. Nothing has done more to increase our longevity and decrease our morbidity in the last 100 years than the prevention of diseases through immunization. So get out there and, unless there is a good reason, get your flu shots and any other appropriate shots right away!

(Ed. Note: Hey, folks, let's hear it for Rocky. This column marks the 10-year anniversary that he's written this column for "Footprints." We thank you, Rock!)



Rocky Khosla completes a fine 42:51 River Trail 10K



We're seeking new SCR officers

If you would like to nominate yourself or another SCR member to be an officer next year, please contact a current officer (phone numbers are listed on Page 2) so that we can include them on the election ballot. Voting and the announcement of new officers will take place in January at the SCR's annual awards banquet.



Movie Line of the month:

"It all boiled down to one inevitable conclusion: I was just totally clueless."

Yeah, yeah, so the quote is a dead giveaway to the title of this movie. But the movie line is so good that I couldn't resist using it. Besides, even if you know the movie, you might suffer a brain gap and not be able to remember the actress who starred in the flick. If you do, then bully bully for you!

Answers below.

Alicia Silverstone in "Clueless"

Answers:

Next SCR Meeting

The next SCR meeting will be held at 7 p.m. Tuesday, Nov. 2, at the Pueblo YMCA in downtown Pueblo. Any SCR member may attend and take part in any discussion.



Run for the Rose 5K



5K Races held Sept. 18, 1999
at City Park in Pueblo.
Results extracted from race bibs.



Run

Overall Winners:

Male – Gerald Romero, 16:40
Female – Rita Vigil, 20:01

How she do dat?

For all of you who have been wondering about the limits of a human's physical capabilities, consider club member **Laura Engleman** for a minute. As noted in the lists of Pikes Peak finishers last month, Laura did the Ascent on that Saturday, finishing in 4:37:44. OK, that's all fine and dandy. But then she got up the next morning and did the entire Pikes Peak Marathon (round trip), finishing in 8 hours and 7 minutes. Gadzooks! Then last month, I guess for something to do, Laura ran 25 miles to work from her home in Woodland Park on national **Run to Work Day**. Mama Mia! Let's just hope that Laura has access to a shower at work.

Still MARV-elous

Within the span of a month, the SCR's Marv Bradley of Cañon City completed the Bismarck (N.D.) Marathon in 3:52, the Billings, Montana Marathon in 4:15 and the Arkansas Traveller 100 in 29 hours, 13 minutes and 37 seconds. Sam McClure of Cañon City also did the Bismarck race (in 3:45), while Kim Westerman of Pueblo completed the Billings run. Marv did the Arkansas 100-miler all by his lonesome.



Gerald Romero edged Shane Fanning for the 'Rose' win

Runner	Age	Time
1, Gerald Romero	28	16:40
2, Shane Fanning	26	16:51
3, Andrew Hackler	31	17:07
4, Timothy Vigil	35	17:48
5, Mike Orendorff	47	18:28
6, Rich Keller	37	18:36
7, John Walker	37	18:44
8, Dave Diaz	51	19:27
9, Jeff Keller	28	19:48
10, Rita Vigil	32	20:01
11, Steve Farley	49	22:20
12, Brad Schloss	19	22:29
13, Butch Nezvensky	44	22:38
14, Gary Franchi	50	22:46
15, Mike Archuleta	39	23:42
16, Stacey Diaz	38	24:00
17, Robert Guasta	52	24:45
18, Ariel Stiller-Shulman	14	24:48
19, Timme Pearson	47	24:57
20, Dan Archuleta	37	25:11
21, Richard Garcia	43	25:35
22, Ray Gradisar	48	25:41
23, Greg Johnson	46	26:19
24, John Holiman	72	27:02
25, Betty Garcia	47	27:12
26, Nash Garcia	58	27:23
27, David Santos	53	27:36
28, Charity Kros	18	27:47
29, Megan Seber	12	28:13
30, Ruth Quiles Rosa	49	28:34
31, Mae Nezvensky	44	28:36
32, Lillian Jones	42	29:36
33, Richard Leyva	59	30:41
34, Judy Tucker	63	30:50
35, Dominic Aguirre	23	30:53
36, William Copper	71	31:17
37, Manuel Martinez III	24	32:06
38, Bob Capps	47	33:18



Moments after the start, Walk Division winner Amy Fanning already led Donna Hickman and the rest of the field.

Run for the Rose photos by Gary Franchi

39, David Jobe	47	33:23	34, Nick Samora	27	55:15
40, Jean Schloss	47	33:27	35, Henry Samora	51	55:17
41, Susan Stiller	50	33:38	36, Pat Gallegos	54	55:44
42, Jim Neblick	40	39:46	37, Mandy Zapata	60	55:45
			38, Albert Novak, Sr.	60	56:32
			39, Teresa Lucero	50	57:13
			40, Rosie Martinez	54	57:37
			41, Carmen Duran	58	58:53
			42, Maria Herndon	53	58:57
			43, Jerry Sammon	25	61:31
			44, Angela Giron	26	62:22
			45, Amy Freeman	26	62:28
			46, Tanya Quintana	26	64:24
			47, Deidra Halko	35	64:25
			48, Renee Rodriguez	35	64:30
			49, Ruby Dominguez	43	67:16
			50, Sonaad Jabbour (Aus.)	x	67:17

Walk

Overall winners:

Female – Amy Fanning, 34:50
Male – Nicholas Rodriguez, 38:50

Walker	Age	Time
1, Amy Fanning	25	34:50
2, Donna Hickman	45	37:51
3, Nicholas Rodriguez	56	38:50
4, Sherry Koski	56	40:31
5, Duncan McAuliffe	49	42:58
6, Richard Gallegos	46	44:02
7, Veronica Gallegos	47	44:03
8, Chris Romero	42	44:07
9, Lorraine Nezvensky	18	45:41
10, Nikki Lee Martinez	10	47:42
11, Debbie Santos-Apodaca	46	47:47
12, Mary Ellen Trujillo	48	48:29
13, Chester Haddan	30	48:44
14, Rosemarie Santos	51	49:08
15, Mary Ann Novak	56	49:10
16, Karen Weber	48	49:15
17, Kathy Leyva	56	49:38
18, Consuelo Solis	49	49:40
19, Shirley Haddan	38	51:27
20, Sherri Scoleri	32	51:28
21, Maria McAuliffe	x	51:29
22, Lamar Trent	49	51:31
23, Gloria Aguirre	53	51:32
24, Anita Santos	69	51:33
25, Mary Ann Carla Gross	60	51:40
26, Phil Gallegos	51	54:10
27, Natalie Martinez	13	54:11
28, Rose Giron	48	54:13
29, Paulette Martinez	30	54:14
30, Rudy Martinez III	11	54:16
31, Michelle Rodriguez	33	54:17
32, Danny Giron	49	54:18
33, Lara Gallegos	13	54:19



The race clock told Lillian Jones her time was 29:36.



River Trail Marathon

Race held Oct. 10, 1999.

Results Provided By Mike Orendorff And Kathy Simpson.

Females

Overall Winner - Maddy Tormoen, 3:02:38

Finishers by Age Divisions

25 to 29
1. Charlene Margarucci, 28, 3:42:42.67. 2. Kristine Bennett, 26, 4:03:54.31. 3. Kristen Russell, 29, 4:05:25.55. 4. Caroline Adamo, 26, 4:41:23.75.

30 to 34
1. Jackie Allen, 30, 3:45:47.28. 2. Julie Montoya, 31, 4:37:43.88.

35 to 39
1. Maddy Tormoen, 37, 3:02:38.39. 2. Liz Lane, 39, 3:47:40.56. 3. Marie Davey, 36, 3:52:46.74. 4. Kelly Maes, 36, 4:10:41.07. 5. Kim Westerman, 37, 4:11:22.12. 6. Leslie Holley, 36, 4:35:40.49.

40 to 44
1. Irene Webb, 43, 3:31:22.75. 2. Shelley Doggett, 41, 3:42:18.71. 3. Kathy England, 40, 4:19:18.15. 4. Heidi Donckels, 43, 4:20:42.62. 5. Susan Hart, 40, 4:49:04.25.

45 to 49
1. Alyn Park, 48, 3:35:41.89. 2. Jan Kiehl, 45, 3:44:13.54. 3. Beatrice Van Horne, 47, 4:32:46.64. 4. Mary Scott, 48, 6:35:28.11.

50 to 54
1. Carol Ann Kinzy, 51, 3:57:01.03. 2. Peggy Neves, 51, 4:27:53.77. 3. Kathy Kummer, 51, 4:29:19.08. 4. Francoise Carpenter, 50, 4:29:52.21.

55 to 59
1. Jessie Quintana, 55, 4:33:31.54. 2. Sally Kennett, 57, 4:57:12.52. 2. Shirley Taylor, 57, 6:20:45.53.

Males

Overall Winner - Phil Ware, 2:46:54

Finishers by Age Divisions

15 to 19
1. Jonathan Reese, 18, 3:25:53.48. 2. Robert Sickorez, 19, 3:37:22.78

20 to 24
1. Greg Voelkel, 21, 2:56:13.78. 2. Daniel Dean, 20, 2:59:21.41. 3. Adam Wade, 22, 3:28:11.51. 4. Tom Kurutz, 23, 3:31:07.34. 5. Michael Young, 20, 3:40:07.21.

25 to 29
1. Manuel Venegas, 29, 3:22:00.03. 2. Scott Klopfenstein, 28, 3:26:12.03. 3. Jason Cleckler, 29, 4:01:27.77. 4. Robert Santoyo, 27, 4:03:24.52. 5. Dave Chipchase, 29, 4:19:20.16. 6. Matthew Bryant, 25, 4:27:24.81. 7. Armando Delgado, 28, 4:57:24.30.

30 to 34
1. Mike Otegui, 30, 3:26:22.56. 2. Kevin Sienkowski, 32, 3:26:55.04. 3. Neal Oseland, 30, 3:34:49.94. 4. Christoph Febvre, 32, 3:37:21.51. 5. Glenn Webb, 33, 3:59:20.71. 6. Dave Allen, 31, 4:01:35.08. 7. Bill Garner, 30, 4:07:53.10.

35 to 39
1. Mark Jankelow, 36, 3:09:57.64. 2. Tom Karmondy, 39, 3:10:44.13. 3. Michael Skipper, 39, 3:16:19.69. 4. Dan Steward, 38, 3:18:22.84. 5. Avid Bullard, 36, 3:22:00.62. 6. Myron Berg, 37,



Overall Winners

Phil Ware and Pueblo's Maddy Tormoen were happy campers as they crossed the finish line with overall marathon wins.

Photos by Gary Franchi



3:33:30.27. 7. Jay Goodman, 36, 3:35:22.26. 8. Kevin Donaldson, 35, 3:38:33.07. 9. Kim Geiger, 38, 3:39:34.66. 10. Mike Jensen, 35, 3:41:06.32. 11. John Mathis, 35, 3:46:07.51. 12. Gregory Smith, 37, 4:22:40.76. 13. Joseph Jordan, 35, 4:22:50.78. 14. John Curran, 37, 4:29:53.92. 15. Mike Archuleta, 39, 4:30:04.98. 16. Bob Clasen, 36, 4:45:45.42.

40 to 44
1. Phil Ware, 41, 2:46:54.70. 2. Bret Crock, 41, 2:59:08.22. 3. Mark Koch, 40, 2:59:43.05. 4. Daniel Montoya, 44, 3:17:12.24. 5. Paul Grosscup, 44, 3:19:19.66. 6. Jim Lane, 40, 3:50:23.17. 7. Joel R. Armstrong, 41, 4:03:29.36. 8. Tim Raup, 40, 4:20:32.48. 9. Steve Ziemke, 41, 4:29:54.43. 10. William Lundquist, 40, 4:56:17.39

45 to 49
1. Mark Donelson, 47, 3:07:13.02. 2. Tom Beson, 46, 3:20:44.77. 3. John Leamon, 49, 3:28:32.22. 4. Jim Hammer, 49, 3:40:12.68. 5. Mark Figley, 45, 3:41:38.44. 6. Joseph Schwartz, 45, 3:42:59.21. 7. Kevin Keihl, 45, 3:43:40.33. 8.

Steve Farley, 49, 3:45:04.44. 9. Dennis Smith, 46, 3:45:47.67. 10. Bob Elliott, 48, 3:54:20.97. 11. Lonney Vogt, 45, 3:56:11.85. 12. Jim Robinson, 46, 4:05:01.31. 13. Jarrell Frailey, 47, 4:10:26.16. 14. Ming-ho Du, 48, 4:15:36.96. 15. Mike Farley, 46, 4:18:11.09. 16. Keith Lonquist, 45, 4:26:00.78. 17. Steven Little, 49, 4:38:51.03. 18. Steven A. Clark, 47, 5:13:26.87.

50 to 54
1. Richard De Cample, 54, 3:28:17.44. 2. George Bator, 53, 3:30:05.84. 3. Jay H. Wissot, 54, 3:38:18.52. 4. Ted Christie, 54, 3:53:20.75. 5. Frank Gay, 53, 3:54:13.34. 6. Joe Stommel, 50, 4:11:40.02. 7. Robert Scott, 53, 5:58:23.17.

55 to 59
1. Alford Claiborne, 55, 4:27:50.15. 2. Fred Harring, 55, 4:31:52.11. 3. Gary Barker, 56, 4:47:16.18.

60 to 64
1. George Rathbun, 60, 3:46:18.38. 2. Wayne Whitney, 60, 4:35:02.63.



Among the local finishers in the River Trail Marathon were (from left) Mike Archuleta of Pueblo, Jackie Allen of Cañon City and Mark Koch of Pueblo. Mark led all local male finishers.

Photos by Gary Franchi

River Trail Half-Marathon & 10K

HALF-MARATHON (13.1 miles)

Race Held Oct. 10, 1999.

Results Provided By Mike Orendorff And Kathy Simpson.

Females

Overall Winner - Traci Dworshak, 1:37:26

Finishers By Age Divisions

25 to 29

1. Michele Clecker, 29, 1:50:13.40. 2. Kimbely Schmidt, 27, 2:05:24.25. 3. Heather Hill, 28, 2:05:24.68. 4. Monica Mesa, 26, 2:10:24.13. 5. Amy Klopfenstein, 26, 2:18:11.62.

30 to 34

1. Michelle Macfadyen, 33, 1:41:17.54. 2. Chrissy Cruz, 31, 1:45:00.51. 3. Kristen Ehlers, 30, 1:45:13.21. 4. Misti Frey, 32, 1:51:32.63. 5. Obin Krueger, 31, 1:55:22.64. 6. Kam Holmquist, 30, 2:04:30.38. 7. Cathy Osborn, 31, 2:06:59.39. 8. Meari Edwards, 32, 2:12:35.75. 9. Dawn Simpson, 31, 2:12:54.40. 10. Beth Gladney, 32, 2:18:11.19. 11. Robin Thompson, 33, 2:20:37.42. 12. Melissa Mazur, 32, 2:44:21.36. 13. Regina Mingus, 32, 3:08:16.06.

35 to 39

1. Traci Dworshak, 35, 1:37:26.01. 2. Susan Hughes, 37, 1:42:45.90. 3. Marilyn Weisinger, 37, 1:46:14.58. 4. Amy Kultgen, 37, 1:47:11.54. 5. Carrie Yeager, 39, 1:47:11.82. 6. Lisa DeYoung, 39, 1:50:18.57. 7. Glenda Kelly, 38, 1:51:58.08. 8. Robin Favreau, 38, 1:52:02.08. 9. Eileen Spangler, 36, 1:52:32.99. 10. Stacey Diaz, 39, 1:52:56.92. 11. Laura Williams, 36, 1:57:13.75. 12. Annette Martinez, 35, 2:04:15.02. 13. Eileen Gualberto, 35, 2:13:20.56. 14. Cheri Macrenato, 36, 2:19:48.00. 15. Kim Carson, 36, 2:23:37.96.

40 to 44

1. Susan Wich, 41, 1:52:40.25. 2. Evelyn Gottschall, 43, 1:55:54.07. 3. Maria Elena Weaver, 40, 1:58:48.03. 4. Naomi Patrick, 42, 2:02:02.98. 5. Ann M. Hulett, 40, 2:02:41.63. 6. Marti Harvey, 44, 2:04:38.69. 7. Barb Paulekas, 43, 2:08:43.50. 8. Molly Leamon, 42, 2:12:19.97. 9. Penny Bullard, 41, 2:32:37.66.

45 to 49

1. Marijane Martinez, 47, 1:51:49.36. 2. Pam Huber, 47, 1:56:18.91. 3. Carol Bilbrey, 46, 1:57:42.75. 4. Carol Bilbrey, 46, 1:57:42.75. 5. Trisha Ferguson, 48, 2:05:28.36. 6. Dianne Shipley, 45, 2:09:16.06. 7. Alicia Smoot, 45, 2:15:52.64. 8. Barbara Bogle, 45, 2:16:42.59. 9. Julie Arellano, 46, 2:25:57.03.

50 to 54

1. Lorraine Hoyle, 52, 1:46:35.09. 2. Bev Buchler, 51, 1:52:11.57. 3. Barbara Langbaner, 50, 2:06:06.55. 4. Gloria Montoya, 51, 2:10:54.71. 5. Donna Griesel, 53, 2:13:34.72. 6. Sandra Hernandez, 52, 2:35:05.75.

55 to 59

1. Cheryl McCoy, 55, 2:30:50.02.

Males

Overall Winner - Steve Cathcart, 1:12:37

Finishers By Age Divisions

15 to 19

1. Matthew Chauviere, 17, 1:29:07.30.

20 to 24

1. Chris Roberdeau, 23, 1:14:11.58. 2. Avery



Reed, 21, 2:07:12.24.

25 to 29

1. Oscar Contreras, 29, 1:18:46.72. 2. William Colon, 27, 1:32:29.54. 3. Rick Spriggs, 28, 1:37:48.87. 4. Scott Swingley, 28, 1:42:46.36. 5. Victor Burnett, 27, 2:02:08.19. 6. Christopher Rousseau, 25, 2:03:14.61. 7. Timothy Sheehan, 29, 2:05:00.58.

30 to 34

1. Steve Cathcart, 34, 1:12:37.07. 2. Paul Koch, 31, 1:17:00.23. 3. Andrew Mauer, 32, 1:50:10.24. 4. Jason Edwards, 33, 1:56:29.91. 5. Ward Manchester, 32, 1:59:43.49. 6. Michael Ortiz, 30, 2:10:19.08.

35 to 39

1. Larry Volk, 35, 1:26:15.98. 2. Ken Staub, 36, 1:30:11.57. 3. Jeff Sherwood, 38, 1:30:41.05. 4. James Korpela, 35, 1:33:08.81. 5. Mark Rickman, 38, 1:35:11.93. 6. Adam Winter, 35, 1:36:39.70. 7. John Vigil, 35, 1:36:45.63. 8. Andrew Medina, 36, 1:37:55.31. 9. Andrew Medina, 36, 1:37:55.31. 9. Tony Wenger, 36, 1:42:24.03. 10. Steve Hughes, 38, 1:45:42.59. 11. Melissa Winter, 35, 1:47:12.13. 12. PJ Warne, 36, 1:47:56.19. 13. Alden Sanchez, 35, 1:49:12.79. 14. Sean Bryan, 39, 1:58:30.18. 15. Ruben Medina, 39, 2:20:40.01.

40 to 44

1. Rich Hadley, 43, 1:23:41.90. 2. Humberto Paredes, 42, 1:39:15.28. 3. Charles Mestas, 41, 1:41:59.36. 4. Ed Gleason, 44, 1:51:20.46. 5. John Wilger, 41, 1:57:26.62. 6. Chris Hunter, 42, 2:07:43.42.

45 to 49

1. Ken Johnson, 46, 1:22:42.77. 2. Pete Foster, 46, 1:26:34.05. 3. James Robinson, 48, 1:33:30.61. 4. Sam McClure, 46, 1:37:31.75. 5. Mike Coleman, 46, 1:38:51.54. 6. Frederick Vigil, 45, 1:40:59.79. 7. Paul Brown, 48, 1:51:13.12. 8. Stanley Scott, 45, 1:53:14.28. 9. Melvin Henson, 45, 1:59:22.78. 10. Frank Tezak, 46, 2:00:15.84. 11. Mike Bauserman, 46, 2:13:35.91. 12. Nelson Trujillo, 47, 2:47:56.67.

50 to 54

1. Norm Ruggles, 50, 1:33:44.97. 2. Jim Beckenhaupt, 52, 1:40:20.19. 3. Jim Freim, 53, 1:51:37.06. 4. Steve O'Neil, 51, 1:55:52.91. 5. Jim Gregorie, 52, 1:56:55.46. 6. James Olsen, 50, 2:08:47.78. 7. Bob Reed, 54, 2:14:46.46. 8. Eugene Arellano, 51, 2:25:54.83.

55 to 59

1. Bob Tafelski, 59, 1:37:52.81. 2. Jim Romero, 59, 1:39:59.85. 3. Bobby Arellano, 56, 1:47:06.39.

60 to 64

1. Cruz Martinez, 61, 1:52:01.27. 2. Danny Salt-

er, 64, 2:07:59.21. 3. Hylke Vanderwal, 61, 2:08:36.15.

65 to 69

1. Tichard Heim, 69, 3:16:24.73.

10K (6.2 miles)

Females

Overall Winner - Gina Garcia-Shaw, 41:56

Finishers By Age Divisions

20 to 24

1. Elizabeth Albert, 22, 48:53.97.

30 to 34

1. Gina Garcia-shaw, 32, 41:56.43. 2. Sharon Jacob, 31, 48:25.71. 3. Vicki Williams, 30, 51:14.33.

35 to 39

1. Jackie Laurence, 38, 50:53.02. 2. Micki Vogt, 39, 1:24:21.44.

45 to 49

1. Yvonne Sletta, 48, 54:29.15. 2. Marla Winn, 49, 57:36.87. 3. Louise Klubert, 45, 1:11:17.80.

50 to 54

1. Barbara Wasser, 51, 52:29.75

Males

Overall Winner - Todd Moenster, 33:21

Finishers By Age Divisions

20 to 24

1. Todd Moenster, 22, 33:21.53.

25 to 29

1. Gerald Romero, 28, 34:17.93. 2. Shane Fanning, 26, 35:08.88. 3. Brian Adamo, 26, 42:59.33. 4. Dave Hiltman, 28, 47:38.32. 5. Matt Sherman, 27, 48:41.32. 6. Kevin Margarucci, 27, 52:12.36. 7. Mike Johnson, 29, 58:38.94.

30 to 34

1. Steven Staples, 31, 43:21.11. 2. Chris Jacob, 31, 43:55.50. 3. Jeff Thomas, 30, 47:03.12. 4. Mike Hiltman, 31, 53:29.86. 5. Mark Williams, 31, 58:20.33.

35 to 39

1. John Walker, 37, 39:06.85. 2. Bob Lane, 39, 51:01.40. 3. Daniel Riggs, 36, 57:16.34.

40 to 44

1. Rocky Khosla, 40, 42:51.42. 2. Bill Veges, 42, 43:43.92. 3. Mike Borton, 43, 45:50.83. 4. Victor Olquin, 41, 48:53.57. 5. Ernie Martinez, 43, 50:51.16.

45 to 49

1. Michael Orendorff, 48, 38:33.47. 2. Nick Leyva, 46, 44:40.60. 3. Bruce Kolbezen, 46, 51:34.45. 4. Michael Gonzalas, 48, 1:04:56.90.

50 to 54

1. Bob Ernst, 51, 45:07.45. 2. Tomas L. Duran, 54, 51:54.13. 3. Will Johnson, 51, 58:52.06. 4. Patrick Swank, 51, 58:52.58. 5. Louis Arteaga, 50, 1:05:09.58.

55 to 59

1. Stan Hren, 58, 45:33.85. 2. Henry Hund, 58, 47:21.89. 3. Jeffrey Holley, 59, 59:59.09.

60 to 64

1. Ralph Regalado, 62, 56:48.11. 2. David Foster, 62, 1:01:47.89. 3. Rich Kennett, 63, 1:05:14.01.

65 to 69

1. Philip Becker, 66, 1:03:56.88.

1999 Racing Calendar



Pueblo County - Canon City corridor

October

- 23 Sat 10:00AM **Race Against Drug Abuse, 5K** City Park (719) 564-0055
 23 Sat 5:00PM **Harvest Poker Run, 5M** Pueblo West (719) 564-9303

November

- 20 Sat 8:45AM **Atalanta Women's Run, 5K Run/Walk** City Park (719) 547-9030
 Walk at 8:45AM; Run at 9AM
 27 Sat 9:00AM **Temple Canyon Prediction Run, 10K** Cañon City (719) 784-6514

December

- 5 Sun 9:00AM **Rock Canyon Half-Marathon** City Park (719) 564-9303
 12 Sun 9:00AM **Marijane & Nick's Excellent Adventure, 8M** .. 117 Regency (719) 564-6043
 Pueblo's south side

Other somewhat nearby areas

October

- 24 Sun **Garland Gallop, 5K** Washington Park, Denver
 30 Sat **Mayor's Cup, 5K & Kids .5K** Manitou Springs (719) 473-7848
 30 Sat **Eerie Erie, 10K/5K & 5K walk** Erie (303) 828-3090
 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
 13 Sat **Rim Rock Run, 37K** Grand Junction (970) 243-4055
 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) 533-1025
 12 Sun **Teddy Bear 5K, Run/Walk** Monument Valley Park, CS (719) 548-7075

Regional Marathons (& others of interest)

- October** 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
 7 San Antonio (TX) (210) 648-9383
 14 Long Beach (562) 590-8686
 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
 16 Houston (713) 957-3453
February 6 Las Vegas International (& Half & 5K) (702) 876-3870
 6 Mardi Gras (& Half & 5K) – New Orleans (504) 482-6682
 18 Motorola – Austin, TX (512) 505-8304
March 5 Los Angeles (310) 444-5544



Come to the Harvest Run

I sure hope you are planning to join us on Saturday, Oct. 23, for the Harvest Poker Run at Lovell Park in Pueblo West. Of course, if you're not, that means more food & liquid for me. The Harvest 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. The dinner is a potluck as well, so bring a tasty covered meal item to share with the rest of us. The whole deal starts at 5 p.m. Race registration will take place from 4:00 to 4:45 p.m. We also will be registering new members for 2000. **BE THERE!!!!!!**



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 564-3170.



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

- 36% of Road Runners Club of America members have been running at least 20 years. - *RRCA fact sheet*
- It is estimated that 2 out of 10 runners drink too much water before a race trying to ensure that they'll stay hydrated. - *Men's Health magazine*
- The average runner who runs 30 miles a week with normal wear and tear can expect to have a shoe life of 10-15 weeks. - *Running Times mag.*
- A survey showed that 97.5% of SCR members suffer dehydration symptoms after reading an issue of "Footprints." - *Pollsters Unlimited*

Racing info. fit for the trash

by the Editor

Atalanta Women's Run

Females will have their own race the Saturday before Thanksgiving (Nov. 20) when the annual Atalanta Women's Run is held at City Park. This is a 5K run and walk, and this year it is being moved to the other side of the park at the Pavilion. I used to know the story of Atalanta back when Judy Tucker told the story about the Greek mythological character, but it escapes me now. Many things do. Like reality, occasionally. Judy, come back from Vegas and tell the story again!

Anyway, the race usually has some good battles in both the running and walking divisions. Over the years, the race has produced some outstanding sweatshirts. Show up or hide!

Rock Canyon Half-Marathon

Race Director Dave Diaz will have another excellent sweatshirt for all those who tackle this beautiful race course on Sunday, Dec. 5. Moving the start and finish to City Park (by the Pavilion) a few years ago was a real brainstorm since runners can keep toasty warm before and after the race. How about some electric blankets for volunteers at the finish line? Note that the Broncos don't play that day until 2:15 (when they host the Chiefs), so you'll have plenty of time to have a big breakfast somewhere following the awards ceremony, go home and shower, and then take a good nap before the game even begins. Or better yet, sleep through the game. Like you did when you picked up this newsletter.



It's Joe!

The dapper lad pictured on Page 2 is none other than the SCR's Joe Stommel, who here is completing the River Trail Marathon not longer after celebrating his 50th birthday.

Photo by Gary Franchi

For the soul ...

"Perseverance is not a long race; it is many short races one after another."

- Walker Elliott

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

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If you move, keep a smile on your face!

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

Southern Colorado Runners present:
The 18th Annual

ROCK CANYON HALF-MARATHON



13.1 MILES

SUNDAY

DECEMBER 5, 1999

9 AM PUEBLO CITY PARK

long sleeve

SWEATSHIRT

still only \$18

START: Start and finish in Pueblo City Park. Pueblo City Park is located near the intersection of Pueblo Blvd and Thatcher (Hwy 96) on the southwest side of Pueblo. From I-25 take exit 101 (Canon City exit) and head west about 2 1/2 miles to Pueblo Blvd. Turn left (south) go about 3 1/2 miles and cross the Arkansas River. Turn left at the next stoplight (Goodnight). You are in City Park. The race begins by the pavilion on the east side of the park. We have access to heated facilities inside the City Park Pavilion in case of bad weather.

COURSE: Despite the name the course is flat. The race begins in City Park then drops down to the river trail system. It is run on both paved and dirt roads and trails near the Arkansas River, looping around the beautiful Rock Canyon recreational area and directly in front of the Lake Pueblo Dam. There is a one very steep hill about 12.5 miles into the race which goes from the river trail back up to City Park. In the event of snow an alternate course may be used but the race will be run, wind, rain, snow, or shine (and we've had them all).

FEES/PACKETS: Cost is \$18 if postmarked by Nov 30 (\$16 SCR members). Cost is \$20 after Nov 30 and \$25 on race day, including SCR members. Make checks payable to *Southern Colorado Runners*. **Sweatshirts** and bib numbers may be picked up Saturday, Dec 4 after 12 noon at The Gold Dust Saloon, 217 South Union Ave or Sunday morning inside the City Park Pavilion. Our goal is to offer a quality race at a reasonable cost. No drawings, no cash prizes-- just an accurate course, beautiful scenery, your finish time and place, music, fun, refreshments and a great looking **sweatshirt** with no advertisements, all for \$18.

AWARDS: Awards to the top three in each age group as follows: 19 and under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69 and 70 and over. Special awards to **overall** male and female and **masters** male and female winners (not eligible for age group awards). Results available at the finish line and SCR web page www.socorunners.com

Checks payable to: Southern Colorado Runners

Mail to: Gold Dust Saloon, 217 South Union Avenue, Pueblo, CO 81003

More Information: Call Dave Diaz at 1-719-564-9303 or e-mail ddiaz@csn.net

Sanctioned by Roadrunners Club of America produced by Southern Colorado Runners

**GOLD DUST
SALOON**

ROCK CANYON HALF-MARATHON ENTRY 1999

PLEASE PRINT CLEARLY

NAME _____ PHONE (_____)____-

ADDRESS _____ CITY _____ STATE _____ ZIP _____

AGE ON RACE DAY _____ SEX: M F SWEATSHIRT SIZE M L XL

ENTRY FEE: PREREGISTER _____ = \$18.00

(\$16.00 IF SCR MEMBER)

DEC 1-DEC 4 _____ = \$20.00

DAY OF RACE _____ = \$25.00

CHECKS PAYABLE TO SCR

TOTAL ENCLOSED _____

WAIVER AGREEMENT: In consideration of the foregoing, I, for myself, my heirs and personal representatives, waive and release any and all rights and claims for damages I have against the Southern Colorado Runners and its representatives of any and all claims of damages, demands, actions whatsoever in any manner, as a result of my participation in said race. I attest and verify that I am physically fit and my condition has been verified by a licensed medical doctor. Further, I hereby grant full permission to any and all of the foregoing to use my likeness for any purpose whatsoever. I understand that my entry fee is non-refundable and numbers are non-transferable.

SIGNATURE (PARENT/GUARDIAN IF UNDER 18) _____

ATLANTA 5K RUN/WALK

SOUTHERN COLORADO RUNNERS PRESENT 20TH ANNUAL ALL WOMEN'S RACE

WHEN: SATURDAY, NOVEMBER 20, 1999

TIME: 8:45 A.M. WALK
9:00 A.M. RUN

PLACE: PUEBLO CITY PARK PAVILLON

AWARDS: TOP THREE OVERALL RUNNERS AND WALKERS WILL RECEIVE AWARDS. AGE DIVISION AWARDS WILL BE PRESENTED FOR THE RUN AS FOLLOWS: (TOP THREE EXCLUDED) 19 & UNDER (3), 20-29 (3), 30-39 (3), 40-49 (3), 50 & UP (3). THE AWARDS ARE HANDMADE BY KATHIE ARWOOD.

ENTRY FEE: \$16.00 PRE-REGISTERED UNTIL FRIDAY THE 19TH. (\$14.00 SCR) RACE REGISTRATION \$20.00 FOR EVERYONE
PACKETS AVAILABLE ON RACE DAY.

NOTE: PRODUCED BY SOUTHERN COLORADO RUNNERS; RRCA SANCTIONED. MAKE CHECKS PAYABLE TO SCR. RACE DAY ENTRANTS ARE NOT GUARANTEED SHIRTS ON RACE DAY. SEND OR DROP OFF ENTRY FORM AND FEE TO: GOLD DUST SALOON, 130 SOUTH UNION AVENUE, PUEBLO, CO 81003.

NAME _____ PHONE _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

AGE (ON RACE DAY) _____ (CIRCLE) RUN OR WALK SHIRT (CIRCLE) M L XL

WAIVER AGREEMENT: IN CONSIDERATION OF YOUR ACCEPTING MY ENTRY, I INTENDING TO LEGALLY BOUND FOR MYSELF, MY HEIRS, EXECUTORS, AND ADMINISTRATORS, DO HEREBY RELEASE AND DISCHARGE SOUTHERN COLORADO RUNNERS FROM ANY AND ALL LIABILITY ARISING FROM ILLNESS, INJURIES AND DAMAGES I MAY SUFFER AS A RESULT OF PARTICIPATION IN THIS EVENT. I ALSO UNDERSTAND AND AGREE THAT THE SPONSOR MAY SUBSEQUENTLY USE FOR PUBLICITY AND/OR PROMOTION PURPOSES MY NAME OR PICTURES OF PARTICIPATING IN THIS EVENT WITHOUT OBLIGATION OR LIABILITY TO ME. I ALSO UNDERSTAND MY ENTRY FEE IS NON-REFUNDABLE.

SIGNATURE(PARENT OR GUARDIAN IF UNDER 18) _____

