



EDITOR: Gary Franchi

FOOTPRINTS

The choice for any millenium.

A November 1999 edition to be thankful for

Nominate those who are deserving

The SCR continues to invite nominations from club members for male and female runners of the year, most valuable club member, and top youth runner. Those nominated will be included on the ballot that will be distributed and voted on at the annual SCR Awards Banquet in January.

You can submit nominations for any of these awards by calling an SCR officer (names and phone numbers are listed on Page 2.)

"Footprints" editor still sought by SCR

The SCR is continuing its search for a new editor or editors of this newsletter. Remember, if no one steps forward, you all may continue to be stuck with your current editor.

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.

New officers needed for 2000

If you would like to nominate yourself and/or another SCR member to be an officer next year, please contact a current officer to have your nominations included on the election ballot. Voting and the announcement of new officers will occur at the SCR Awards Banquet in January.



At the Peak

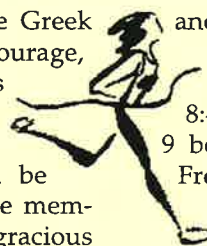
In case you were wondering what it's like, this is a scene at the top of Pikes Peak where the Pikes Peak Ascent finishes. The banner in the middle of the picture marks the finish line. The race took place in late August, and several SCR members competed. For a couple of shots of SCR finishers, see Page 2.

Photo contributed by Dr. Rocky Khosla

Hear the true, fictitious Atalanta story

The story of Atalanta, the Greek goddess of strength and courage, will be told again at this year's Atalanta Run that is scheduled for Saturday, Nov. 20. Actually, the story will be read this time since long-time member Judy Tucker has been gracious enough to send us the story from her "cold weather home" home in Las Vegas. Don't worry - it's a real short yarn!

The Atalanta is a women's 5K run



and walk that will be held at Pueblo's City Park (based at the Pavilion). The walk will start at 8:45 a.m., with the run to begin at 9 bells. The race director is Misti Frey, and the race will be produced entirely by volunteers of the male persuasion.

Hey, males - we still need a few of you to help! Please call Misti (547-9030) and tell her that you will be there. Especially if you plan to help.





Chewta sez:

"How about that Khalid Khannouchi? He set a new marathon world record while winning the Chicago Marathon in a time of 2:05:42. But, gee, I could do it a lot faster than THAT! This Khalid dude only averaged 4:48 per mile, so what's the big deal? You guys ever see ME run? I can run much faster. Especially the first half-mile. To me, the real neat thing about the Chicago race was that an American – David Morris – was 4th with his time of 2:09:32. Not too shabby. Wonder if he'll give me some treats if he finds out I talked nicely about him. Ruff, ruff!"

Club to probe purchase of sound system

Next year, the SCR should be able to put on a much better show at races since it is now looking into purchasing a new sound system with detachable speakers. We've been using a hodge-podge assemblage of different equipment until now, but the club plans to research different systems and see what it can afford. To ensure a long life for our chronomix timers, we also plan to research and purchase some type of containers for them.



Peak Views

Ben Valdez (above) showed his excitement while Bill Veges showed fatigue after both had finished the Pikes Peak Ascent.

Photos contributed by Dr. Rocky Khosla



SCR invited to join annual Torch Run

Next spring, SCR members will have the opportunity to participate in the annual Torch Run which serves as a vehicle to raise awareness and funds for the Special Olympics. The run, which is NOT a race, is expected to take place on a Tuesday in late May. We have been invited by local law enforcement officials to run a leg or more of this run which covers the entire state.

Local runners can join the run either at some point on Lake Avenue or at the Pueblo Convention Center and complete the leg at the Red Lobster restaurant on the north side, where there will be refreshments. Those who want can continue on with the next leg up to Exit 114. Those doing the entire Lake Avenue to Exit 114 route will get in a good jaunt.

Look for entry forms in late winter.



Come in and we'll help you find something to be thankful for.

GOLD DUST SALOON

217 South Union Avenue

(*) – Jim Janos is the real name of Jesse Ventura, former pro wrestler who is now the Governor of Minnesota.



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. 219

"Footprints" is the newsletter produced monthly by, about and for the SCR membership. The newsletter's aim is to keep the membership informed about things that have no significance in the overall scheme of life.

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, Jim Janos (*) | |

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 talk about their most recent dreams.

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.

Southern Colorado Runners

2000 Membership Form

Single membership:
\$15

Family membership:
\$20



Membership benefits:

- Summer Picnic / Fall Bonfire
- Annual Awards Banquet
- \$2 discount on all races that are produced by the club
- Prediction Race Series
- Discount at Runner's Roost

More membership benefits:

- Monthly club newsletter that includes calendar of races
- Free subscription to *Footnotes*, the RRCA's quarterly publication
- Awards to volunteers
- Club training runs

Name _____ e-mail _____

Address _____ City _____ State _____ Zip _____

Home phone _____ Work phone (optional) _____ Birthdate _____

Occupation _____

Type of membership (check one): Individual Membership (\$15) _____ Family Membership (\$20) _____

Donation to SCR equipment replacement fund (optional): \$ _____ Total amount enclosed \$ _____

For family membership, list names and birthdates of participants:

Name _____ Birthdate _____

Name _____ Birthdate _____

Name _____ Birthdate _____

Name _____ Birthdate _____

The club would appreciate any assistance you may be able to provide during the year. If you can help occasionally either as a volunteer or in another way, please indicate your preference area(s) below:

_____ Sponsorship _____ Equipment Manager _____ Course _____ Help at races
 _____ Prediction Series Coordinator or Assistant _____ Telephone Committee _____ Banquet comm.

The Southern Colorado Runners club is a member of the Road Runners Club of America.



Club Membership Application Waiver

I know that running and volunteering to work in club races are potentially hazardous activities. I will not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Southern Colorado Runners, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____ Date _____

Parent's Signature if under 18 years old _____ Date _____

Memberships expire December 31, 2000.

*"You never see a smiling runner."
- George Carlin*

Mail this application and your check to:

Southern Colorado Runners
c/o Pueblo Family YMCA
700 N. Albany Avenue
Pueblo, CO 81003



Great (& so-so) Stuff

by Gary Franchi



This market is missing a sure thing

Thought for today, compliments of Yogi Berra: "You've got be very careful if you don't know where you're going, because you might not get there."

Musings on running, fitness, life, etc.:

Since junior went off to college I hardly ever seem to go to the grocery store anymore. Make a lot fewer stops to pick up chow on the way home after work, too. It's weird because the ol' lady and I still eat. I haven't dropped any pounds. And you can always find something to eat either in the fridge, freezer or pantry.

I say all this because it takes up space in this newsletter. No, no, wait! That's not what I wanted to say. Actually, I was thinking about this on a recent trip to the newly expanded southside King Soopers in Pueblo to get a couple of things like dog food and cat litter. Everything's in a different place there now, so I had to look around to find what I wanted. The store sure has a lot of stuff -- flowers, cash machines, free Denver Bronco tickets, at least a million greeting cards, Avalanche hats, overpriced produce, etc.

OK, I was just kidding about the Bronco tickets. My point is that, while grocery stores carry just about everything these days, I think they're missing the boat by not catering to the fitness crowd. Oh, sure, they have a vitamin and mini-supplement section and sell eleventeen different kinds of energy bars. But just think if they had a health club attached to the store. Julian and Mary could work out there right after work, get a Smoothie each at the club's counter, and then shop for their groceries. The way it is now, Julian and Mary are addicted to their workouts so they drive to their health club, work out there, and then are ready to head home for the night.

So the grocery stores are the losers. Instead of getting impulse shoppers to frequent their stores every night, they only get the impulse

shoppers in there maybe once a week when they buy everything for the next week (or two).

My question is, who plans these stores anyway?

Your question is, what bad thing happened to this writer in his childhood?

There's a reason why Sidney Arnold is pictured on this page. He's there because I needed to eat up space. No, no, wait! I used that line already. Actually, Sidney is sporting a cap that is counting down to the year 2000. A simple little battery in the cap makes this possible. He found this gem at a Loaf 'n Jug store in Blende. Less than 20 bucks. Worth millions.



Sidney Arnold sporting his millenium countdown hat.

10 things I was just wondering:

- Are next summer's Pikes Peak Ascent and Pikes Peak Marathon fields filled yet?
- How come no one has ever tried having a live radio talk show on running and fitness during prime time?
- Wouldn't it be cool if runners who cut in front of you in races were given time penalties?
- Do elite runners talk trash to other runners?
- If the Holy Family Run became a Race for the Cure 5K

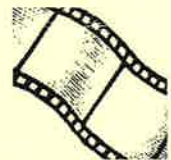
race, would it draw 42,000 like it did in Denver this fall?

- Wouldn't it be cool if a baseball fan threw a foul ball back to the ballboy?
- Does body fat sag in space?
- Why don't newspapers publish lists of "smoke free" restaurants like "The Independent" in Colorado Springs did recently?
- I don't watch it, but I noticed in the Dish Digital TV menu that "Beverly Hills, 90210" was listed twice, back to back, the other day. Shouldn't the second one have been "Beverly Hills, 90211"?
- Who watches "Xena: Warrior Princess"? And why?

Had enough? See ya just before the next millenium.

Ultimate in idiocy item of the month:

Missed this feature last month, didn't you? Well, the party's over. Earning the *Lights Are Dim Award* for November are the 24.7% of U.S. adults who smoked in 1997 according to a survey conducted by the Centers for Disease Control Prevention. The study disclosed that the smoking rate decined for most adult age groups from 1990 to 1997. However, the percentage increased from 24.5% to 28.7% for those 18 to 24 years of age. And aren't they cerebral!?!?



Movie Line of the month:

"I've never seen a jail cell that had a phone. Can I stay for a while? I just ordered a pizza."

You can see this flick on a pay channel every couple of months or so. Some great lines between all the raunchy language. The movie is centered around the world of constables and features a comedian. Guess who and the flick and expect no reward.

Answers below.

"Beverly Hills Cop"
Eddie Murphy in

Answers:



Upcoming SCR Birthdays

December

- 3 Karin Romero
- 4 Pat Berndt
- 5 Anna Rodriguez
Cathy Perkins
- 7 Kelsea Morris
Lee G. Grasmick
- 8 Dick Greet
- 9 Nicole Lopez
Sandra McKenna
- 10 Anna Cosyleon
- 12 Anthony L. Diaz
- 13 Carrie L. Slover
- 14 Matthew Arant
- 16 Marian Finley
- 18 Mark Wilkinson
- 19 Terry Cathcart
Kathy Spencer
- 20 Charlie Hall
John Holiman
- 22 Brandt Bradbury
- 23 Carol Lyndell
Carol Ann Kinzy
- 24 Rich Hadley
- 26 William Schaefer
- 28 Wayne Whitney
- 29 Maddy Tormoen
- 30 Jennifer Crockenberg
Kathy Koler
- 31 Jo Schrubbe
Patricia Orendorff
Woody Noleen
Alfred E. Newman

Thanks, Paul!

The SCR's quest for a van in which to transport race equipment may have come to an end. Club member Paul Koch of Colorado Springs has offered to donate a 1983 Chevy Blazer to the SCR. Cool! Thanks, Paul. We now need to explore the cost of insurance, licensing, etc, to make sure this will be affordable.

Trail Notes: *Here's a good trail to avoid*

by Shaun Gogarty



Some runs are best never planned, and some runs are best never done. This is the story of a run that probably should never even have been thought of, much less completed.

Usually I try to tell about good races, or decent trails, but this time I write to warn you about a route that should be avoided.

If you have read any of my other articles, you have probably, and correctly, decided that the safest trail runs are best done without me. I like to think of myself as something of a trail blazer, but I'm beginning to believe that I am really more of a trail loser. Of course, on this particular journey I not only had myself to blame for losing the trail, but also a foot of snow!!

It was such a beautiful fall day, about 75 degrees, that I just couldn't stop myself from trying to get one more run in the mountains done before winter. The one snowfall couldn't have left too much snow on the ground and surely, even in the mountains most of it was melted. Besides, I planned to run a route in the "lower" elevations.

One of the things I hate to do on a trail run is go up a trail and then back down, so I'm constantly looking for loop trails. Unfortunately, there are very few loops on Greenhorn Mountain. The new Milset trail (on Hwy 165 just before Camp Jackson) goes about 7 miles up to the Blue Lakes Road on the top of Greenhorn. Unfortunately, the only really new part is the first mile until it hooks up with the old Milset Trail coming out of Camp Jackson. About 5 miles up it intersects the North Fork of Greenhorn Creek. The creek runs down and intersects Greenhorn Trail. It seemed like a nice, almost complete loop. The only problem was that the stretch between Milset and Greenhorn Trails was without a trail. Hey, no big deal, how hard could it be just following the creek a few miles downhill?

The first few miles went well as I climbed up Milset. Leaving the car, I looked at my snow gaiters in my running bag, but left them behind thinking the snow wouldn't be too deep. It wasn't until about mile three that I began floundering through a foot or so of snow as I climbed a North facing slope. The trail had become smaller and smaller, and whiter and whiter. There were some orange flags, but the person placing them must have been on a very tight budget. Before too long the trail

was lost in a sea of trees and snow and I began to leave a trail through the snow that must have looked like I'd been drunk. Although I knew it was there somewhere, I didn't see it again

until I followed some bear tracks that eventually put me back on the trail (does that make the bear smarter than me?). When I finally reached the ridge overlooking the river I was to follow, I realized the next leg of the journey wasn't going to be much better than the last.

The canyon walls were quite steep, about 60 degrees and COVERED with fallen trees. The creek bottom was a boulder-strewn tumbling mess covered with snow, ice and water. I was either stumbling and falling through freezing water and snow or clawing my way across steep slopes while getting snagged by tree limbs. I can't honestly say that I ran this part, but it was a good total body workout. My movements would best be described as a semi-controlled free fall. My feet would slide out from under me and then I would flail my arms around trying to catch any limb, root or rock to save my life. I probably looked like a billiard ball on a sloped table bouncing between trees and rocks. Too bad my body isn't as solid as a billiard ball. If you don't know me, you might ask "Why didn't you turn around?" My only answer is "I guess you just don't know me (and might be wise never to run with me)." By the time I finally fell onto Greenhorn Trail I was pretty beat up, but grateful to be alive. The map must have been a little off, because I was pretty sure this section of trail was actually about 74 or 75 miles long.

Running the last 3.5 miles down Greenhorn was pure joy now that I knew there was a chance I might live. There was very little snow and a clearly visible trail. Sensation came back to my feet within half a mile and most of the bleeding had stopped by freezing or coagulating by that point. It was nice to actually be running with just my feet instead of clinging to the side of the canyon with all four extremities.

If any good can come of my misadventure is the hope that you will not repeat it. Happy running!

Upcoming Events

- **Chatfield Trail Turkey Trot 5k.** Littleton. Nov 20. 303-973-7575.
- **The Frozen Ass Trail Run - 30M/20M/10M.** Littleton. Dec 18. 303-973-7575.

Rocky on Fitness

by Rocky Khosla, M.D.

Obesity is a way of life in America

As I write this it is Halloween, and I have just finished reading a really scary collection of articles in the October 27th issue of the Journal of the American Medical Association (also called JAMA). The entire issue was dedicated to obesity, and I thought that I would share some of the pertinent findings.

First of all, how do you define being overweight and/or obese? In the past, there were tables developed by the Metropolitan Life Insurance Company that showed the ideal body weight for your height. Over the past several years, most of the experts in the field of obesity have switched to something called the body mass index (BMI). Unfortunately for us, the BMI is based on the metric system, and to figure out your BMI, you take your weight in kilograms and divide it by your height in meters squared.

I now what you're thinking – this is not going to work for me! Well, there is an easier way than trying to convert your weight from pounds to kilograms and your height from feet and inches to meters. To calculate your BMI, use the following formula:

$$\text{BMI} = \frac{\text{Your weight (pounds)}}{\text{Your height (in inches) squared} \times 704.5}$$

So, for example, I weight 160 pounds and am 5-feet, 10.5- inches tall, so my BMI= 160/(70.5) squared x 704.5 = 22.6

Most experts feel that being overweight is having a BMI greater than 25, and obesity is defined as having a BMI greater than 30. Here are

some interesting figures from the issue of JAMA:

- From 1991 to 1998, the prevalence of obesity increased in the U.S. from 12.0% to 17.9%, and every state showed an increase. This increase was seen across all age groups, in both sexes, in all races, and at all educational levels. The state with the lowest rate of increase in the prevalence of obesity was Delaware at 11.38%, while the state with the highest was Georgia at 101.8%

- More than 50% of the U.S. population is now overweight.

- It is estimated that, annually, 280,000 deaths in the U.S. can be attributed to obesity, making it the second most preventable cause of death (behind smoking).

- There was an almost linear relationship in children between the hours of TV watched and the chance for developing obesity.

- Less than half of obese adults reported being advised to lose weight by their physicians. Less than 37% of physicians regularly advise their patients to exercise.

Well, obesity truly does seem to be a national epidemic, and I think that we all have to really spread the message that exercising regularly and eating healthier foods is important. I also think that we need to get our children away from the TV and other electronic babysitters and get them to adopt active lifestyles early in their lives.

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

Letters we like to receive

Letter to River Trail Marathon officials:

I just wanted to send you a note complimenting your club on the River Trail Marathon. This was my first marathon, so I was happy to finish! Everything was "ad advertised," with your volunteer staff always pleasant and helpful, aid stations well stocked and well spaced out, and everything from the pasta dinner to buses to massages well planned and executed.

Minor suggestions: I was pleasantly surprised to see snacks at the start and at

one or more aid stations and recommend that you mention this in your brochure. And I recommend you put your web site/e-mail in the brochure too and let us know if you will be posting results on your web site.

Again, thanks!

Keith J. Lonquist



River Trail another success

Race Director Ben Valdez, pictured above with the megaphone, reports that this year's River Trail Marathon was another success from a production standpoint. Most of the post-race comments from participants were positive, and things seemed to go smoothly. Using the Convention Center for both the pasta dinner the night before the races and for the post-race award ceremonies worked quite well. For the record, there were 288 participants this year in the 10K, half-marathon and marathon division.

Training to do your best

Most runners take the day off before a race, but they are doing it wrong. Instead, they'd be better off using that day to warm up with an easy mile, hit a few 200- to 400-meter repeats at about 5K race pace and then cool down with another light mile. This does not burn up excessive muscle glycogen or induce muscle fatigue but instead boosts total blood volume, which increases your chances of having a great race. In most cases, you'd do better to rest two days before a race, NOT the day before.

– Owen Anderson

Harvest Poker Run

Held last month, this was just an excellent event with a great turnout as it continues to be one of the top social events of the year. There were 39 finishers and many more who showed up, potluck items in hand, to enjoy some good eats, and great socializing in front of the bonfire.

The Harvest was another Prediction Series run, and there are 2 more races remaining - the Temple Canyon run on Nov. 27 & the Excellent Adventure on Dec. 12.

The Prediction Series standings are at right. The top 5 finishers in the series will receive awards at the annual SCR Awards Banquet that be held sometime in January.

Harvest Poker Run

5-mile Prediction Race held October 23 in Pueblo West.

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 | Predict | Actual | Variance | Points |
|----------------------|---------|--------|----------|--------|
| 1 Holly Fairchild | 45:04 | 45:00 | 00:04 | 100.00 |
| 2 Ben Valdez | 36:57 | 37:15 | 00:18 | 97.14 |
| 3 Shaun Gogarty | 36:33 | 36:00 | 00:33 | 94.29 |
| 4 Mark Koch | 31:16 | 32:00 | 00:44 | 91.43 |
| 5 Rich Hadley | 30:14 | 31:00 | 00:46 | 88.57 |
| 6 Jim Robinson | 34:15 | 35:02 | 00:47 | 85.71 |
| 7 Bill Veges | 36:34 | 37:25 | 00:51 | 82.86 |
| 8 Misti Frey | 42:08 | 43:00 | 00:52 | 80.00 |
| 9 Dan Caprioglio | 34:07 | 35:00 | 00:53 | 77.14 |
| 10 Marijane Martinez | 41:52 | 42:45 | 00:53 | 74.29 |
| 11 Michael Till | 39:42 | 38:45 | 00:57 | 71.43 |
| 12 Chrissy Cruz | 39:01 | 40:00 | 00:59 | 68.57 |
| 13 Dan Hickman | 33:24 | 34:30 | 01:06 | 65.71 |
| 14 Anthony Diaz | 42:07 | 43:32 | 01:25 | 62.86 |
| 15 Jim Laughton | 43:32 | 42:00 | 01:32 | 60.00 |
| 16 Calley Till | 33:23 | 35:00 | 01:37 | 57.14 |
| 17 Trevor Hadley | 33:23 | 35:00 | 01:37 | 54.29 |
| 18 Rita Vigil | 37:06 | 39:00 | 01:54 | 51.43 |
| 19 Matt Sherman | 35:02 | 37:00 | 01:58 | 48.57 |
| 20 Brad Winn | 35:57 | 38:00 | 02:03 | 45.71 |
| 21 Tim Vigil | 33:16 | 35:20 | 02:04 | 42.86 |
| 22 Nick Levya | 37:55 | 40:00 | 02:05 | 40.00 |
| 23 Robert Santoya | 33:22 | 31:15 | 02:07 | 37.14 |
| 24 Marv Bradley | 42:49 | 45:00 | 02:11 | 34.29 |
| 25 Laura Schlif | 42:49 | 45:00 | 02:11 | 31.43 |
| 26 Marla Winn | 45:48 | 48:15 | 02:27 | 28.57 |
| 27 John Ulsh | 41:53 | 45:00 | 03:07 | 25.71 |
| 28 Aaron Ure | 37:27 | 42:05 | 04:38 | 22.86 |
| 29 Gerald Ure | 37:30 | 42:11 | 04:41 | 20.00 |
| 30 Jackie Allen | 40:11 | 45:00 | 04:49 | 17.14 |
| 31 Dave Allen | 40:11 | 47:00 | 06:49 | 14.29 |
| 32 Larry Swisher | 46:56 | 40:00 | 06:56 | 11.43 |
| 33 Hector Leyba | 46:57 | 40:00 | 06:57 | 8.57 |
| 34 Robert Nolan | 37:46 | 45:50 | 08:04 | 5.71 |
| 35 Ken Osborn | 35:22 | 45:00 | 09:38 | 2.86 |

Prediction Series standings

These are the current standings for the 1999 Prediction Series:

| Name | Spring Runoff | Ramsgate 8K | Tunnel Drive | Nirvana 4M | Harvest 5M | Best 4 |
|--------------------|---------------|-------------|--------------|------------|------------|--------|
| Bill Veges | 46.67 | 72.73 | 100.00 | 86.36 | 82.86 | 341.95 |
| Ben Valdez | 26.67 | 90.91 | | 100.00 | 97.14 | 314.72 |
| Nick Leyva | 100.00 | 18.18 | 60.00 | 90.91 | 40.00 | 290.91 |
| Dave Diaz | 20.00 | 100.00 | 90.00 | 77.27 | | 287.27 |
| Jim Robinson | 53.33 | | 80.00 | | 85.71 | 219.05 |
| Matt Sherman | 93.33 | 54.55 | | | 48.57 | 196.45 |
| Rich Hadley | | 40.00 | 63.64 | 88.57 | 192.21 | |
| Marijane Martinez | 60.00 | 27.27 | | 27.27 | 74.29 | 188.83 |
| Dan Hickman | | | | 81.82 | 65.71 | 147.53 |
| Shaun Gogarty | | | | 40.91 | 94.29 | 135.19 |
| Mike Orendorff | | 36.36 | | 95.45 | | 131.82 |
| Melinda Orendorff | | 63.64 | | 50.00 | | 113.64 |
| Trevor Hadley | | | | 59.09 | 54.29 | 113.38 |
| Robert Santoya | | | | 72.73 | 37.14 | 109.87 |
| Laura Schlif | | 70.00 | | 31.43 | 101.43 | |
| Holly Fairchild | | | | 100.00 | 100.00 | |
| Mark Koch | | | | 91.43 | 91.43 | |
| Melissa Mincic | 86.67 | | | | | 86.67 |
| Don Plost | | 81.82 | | | | 81.82 |
| Misti Frey | | | | 80.00 | 80.00 | |
| Makiko Taekei | 80.00 | | | | 80.00 | |
| Calley Till | | | | 22.73 | 57.14 | 79.87 |
| Dan Caprioglio | | | | 77.14 | 77.14 | |
| Hannah Muchine | 73.33 | | | | | 73.33 |
| Tim Vigil | | | 30.00 | | 42.86 | 72.86 |
| Michael Till | | | | 71.43 | 71.43 | |
| Chrissy Cruz | | | | 68.57 | 68.57 | |
| Matt Martin | | | | 68.18 | | 68.18 |
| Catherine Waitimu | 66.67 | | | | | 66.67 |
| Anthony Diaz | | | | 62.86 | 62.86 | |
| Rita Vigil | | 9.09 | | | 51.43 | 60.52 |
| Jim Laughton | | | | 60.00 | 60.00 | |
| Erin Honaker | | | | 54.55 | | 54.55 |
| Roy Hugles | | | 50.00 | | 50.00 | |
| Brad Winn | | | | 45.71 | 45.71 | |
| Jessica Gogarty | | | | 45.45 | | 45.45 |
| Richard M. Santoya | | 45.45 | | | | 45.45 |
| Helen Robinson | 40.00 | | | | | 40.00 |
| Aaron Berndt | | | | 36.36 | | 36.36 |
| Marv Bradley | | | | 34.29 | 34.29 | |
| Sam Edwards | 33.33 | | | | | 33.33 |
| Logan Gogarty | | | | 31.82 | | 31.82 |
| Marla Winn | | | | 28.57 | 28.57 | |
| John Ulsh | | | | 25.71 | 25.71 | |
| Aaron Ure | | | | 22.86 | 22.86 | |
| Gerald Ure | | | | 20.00 | 20.00 | |
| Maria Elena Weaver | | | 20.00 | | | 20.00 |
| Mike Till | | | | 18.18 | | 18.18 |
| Jackie Allen | | | | 17.14 | 17.14 | |
| Dave Allen | | | | 14.29 | 14.29 | |
| Crystal Berndt | | | | 13.64 | | 13.64 |
| Ted Puls | 13.33 | | | | | 13.33 |
| Larry Swisher | | | | 11.43 | 11.43 | |
| Mike Cone | | 10.00 | | | 10.00 | |
| Pat Berndt | | | | 9.09 | | 9.09 |
| Hector Leyba | | | | 8.57 | 8.57 | |
| G.E. Puls | 6.67 | | | | 6.67 | |
| Robert Nolan | | | | 5.71 | 5.71 | |
| Gloria Gogarty | | | | 4.55 | | 4.55 |
| Ken Osborn | | | | 2.86 | 2.86 | |

Next SCR Meeting

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

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, 4M** 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

November

- 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
- 20 Sat **Chatfield Trail Turkey Trot, 5K** Littleton (303) 973-7575
- 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
- 11 Sat **Santa's 5K** Fairmont Park, Denver (303) 238-4405
- 12 Sun **Teddy Bear 5K, Run/Walk** Monument Valley Park, CS (719) 548-7075
- 12 Sun **Jingle Bell Run, 5K** Washington Park, Denver (303) 694-2030
- 31 Fri **Y2K Resolution Run-5K, R/W** Washington Park, Denver (303) 399-9005

January

- 1 Sat **Rescue Run, 5K, 10K & Kids .5M** Palmer Park, Colorado Springs (719) 473-7848
- 1 Sat **New Years Day 5K Run/Walk** Park Meadows, Denver (303) 694-2030
- 8 Sat **Winter Series I, 5K & 10K** Fox Run Park, Colo. Springs (719) 598-2953
- 16 Sun **Run for the Dream, 5K** City Park, Denver (303) 694-2030
- 22 Sat **Winter Series II, 4M & 8M** Fort Carson Fitness Trails (719) 598-2953
- 30 Sun **Super Bowl 5K** Washington Park, Denver (303) 694-2030

February

- 13 Sun **Valentine's Day 5K** City Park, Denver (303) 694-2030
- 20 Sun **Washington's Birthday 5K** Washington Park, Denver (303) 694-2030

Regional Marathons (& others of interest)

- November** 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
- 20 Motorola – Austin, TX (512) 505-8304
- March** 5 Los Angeles (310) 444-5544
- April** 17 Boston (MA) (508) 435-6905



Racing minutiae



In the long run

The Gogartys had a nice trip to the Western Slope recently by completing the Imogene Pass Run. Shaun, author of the Trail Notes column that appears regularly in "Footprints," ran a quickish 3:25 race while his other half, Gloria, was clocked in 5:03. Shaun then ran the St. George (UT) Marathon in 3:27, just missing qualifying for Boston by 2:27.

Pretty scary

Those running the 3rd leg of the 4-race Fall Series up in the Springs area had one minute subtracted from their finish times if they wore Halloween costumes during the race. Those with naturally scary faces had a minute added to their times.

Spring Runoff

It may be a little early to be thinking about this race since it won't take place until early March, but some news has emerged. Matt Martin, the race director, has been contacted to have the race listed with racegate.com, and the club has agreed to this proposal. The key thing is that the race will have a web site that will include online registration, meaning we will be able to register runners from all over the world. I'll bet Khalid Khannouchi is getting excited about coming here already.



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

- When one exercises to exhaustion and then stops, the heart rate normally drops 15 to 25 beats per minute. - *Cleveland Clinic*
- Paula Newby-Fraser has been the female division winner in 21 Ironman races. - *Triathlete mag.*
- The recent New York City Marathon used about 10,000 volunteers. - *Event Director data*
- In a random survey of SCR members, 98.2% of them said they would prefer suffering through an Ironman race or exercising to exhaustion to reading an issue of "Footprints." - *Pollsters Unlimited*

Racing info. I found written on a wall

by the Editor

Temple Canyon Prediction Run

I know so much more about this trail run than I did last month. For instance, I have directions on how to get there - although I have no idea where they lead to. But here goes: Go to First Street in Canon City (near the federal prison) and turn south (left if traveling from the east, right if traveling from the west). Go about 3 miles to something called the BF Rockfel-



low parking lot (or something like that) on the right side. Follow the Temple canyon signs. You'll be tested on these directions in the next issue so memorize them now.

Rich Hadley, who has run this trail a few times, says the course will be about 4 miles. Most important, he will have donuts and hot chocolate afterward for the group. If the directions confuse you, call Rich at 784-6514 and I'm sure he'll confuse you even more. This run has a 9 a.m. start.

Rock Canyon Half-Marathon

The half-marathon is a great distance - challenging yet not body-destroying like the marathon. Pray for no snow on Sunday, Dec. 5. Or at least not until all the finishers are in. This is a good vibes race with lots of charm. Very pretty course, too, with lots of it on the River Trail. It's the last good lo-o-o-o-n-n-g local race of the year. Which really doesn't mean a whole lot except that it sounds good.

The Excellent Adventure

This is the club's last potluck of the year with an 8-mile prediction attached that could determine the Prediction Series champion. It will take place on Sunday, Dec. 12. The run starts and finishes at Nick & Marijane's at 117 Regency on the southside of Pueblo, and much of the course in on Red Creek Springs Road. The starting time is 9 a.m.

Always good eats, so be sure to bring something tasty for all to enjoy. If you're wondering what to bring, give the hosts a call at 564-6043. After this event, we will break for the year in terms of races.

For the soul ...

"People who run find their lives so much more enjoyable. Everything works better: their cardiovascular system ... even their ability to think."

- *Dr. Ralph Paffenbarger, runner and scientist*

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

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If you move, don't let life disgust you!

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