



EDITOR: Gary Franchi

# FOOTPRINTS

*The choice for any millenium.*

**A December 1999 edition full of ho-ho-hos**

## SCR helps out young runners

by Jeff Arnold

Thanks in part to a generous donation from the SCR youth fund, four girls who ran for County High in the high school cross country season got to participate in the National Junior Olympics Cross Country Championships in Spartanburg, South Carolina on Dec 11. I'm sure things happened too fast for most of the girls to realize just how they got to the Hard Rock Cafe in Atlanta.

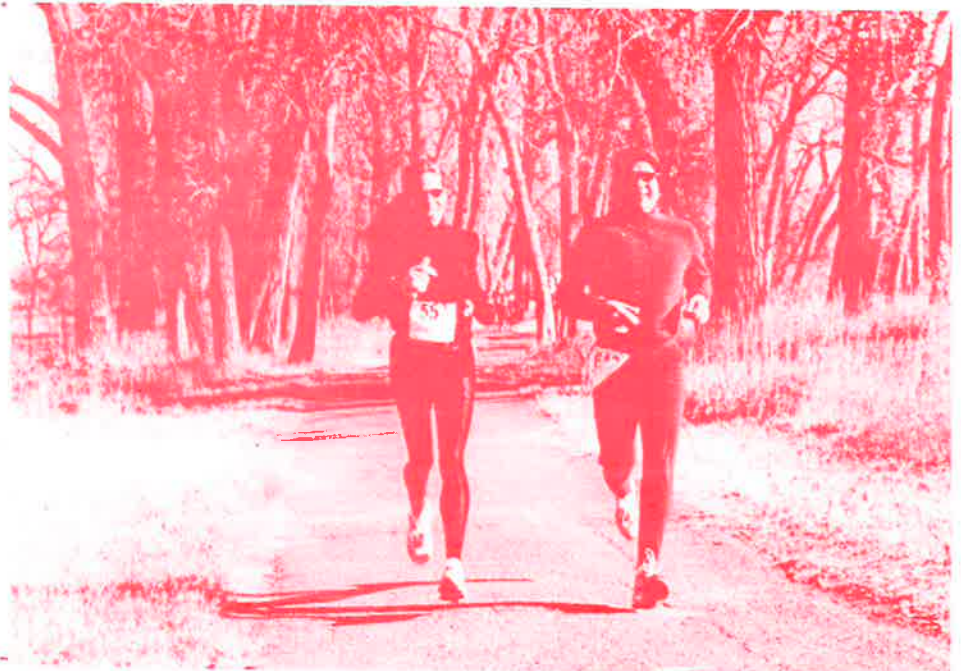
Kristi Koschke and Rebekah Kobilan each ran cross country for the first time in the fall of 1998. Rebekah qualified for state but Kristi just missed. When they returned in August of 1999, they looked to be part of a team that was going to just miss qualifying again. But then two nice things happened.

Cecilia Johansson came to County High to be a foreign exchange student and decided that she wanted to try cross country. Meanwhile, Crystal Berndt made a popular choice when she took up volleyball as a Rye High School freshman. But she fell under the influence of Jessica Gogarty, who convinced her that she could also run cross country. As she got to learn the sport, she began to run more and became one of the team's fastest by season's end.

The girls qualified for the state meet, which automatically qualified them for the Region X meet in Provo. There, they qualified to go on to nationals.

With less than three weeks to raise money, they were lucky to have Diana

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**SCR members Laura Schilf and Nick Leyva run stride for stride slightly more than 3 miles into the Rock Canyon Half-Marathon held Dec. 5. Laura went on to finish in 1:40 while Nick was timed in 1:44 and a little change. More Rock Canyon coverage is on Pages 7, 8 and 9.**

*Photo by Gary Franchi*

## Rock Canyon brings out numbers and some mighty swift runners

by Matt Martin

Good weather, a beautiful course and a well-organized race for under \$20 brought out a record crowd for the 1999 version of the Rock Canyon Half-Marathon. Not only did the race bring out the numbers, but it also brought out some pretty good runners. Orlando Velasquez of Colorado Springs, the overall male winner,

won with a time of 1:12:01. Mari Shirazi of Louisville, the overall female winner, won with a time of 1:24:25.

Both winners have interesting stories. Orlando is a native Venezuelan but became a naturalized U.S. citizen four years ago. He is a five-time Venezuelan national champion in the 5K and 10K. Orlando's PRs are as fol-

*Continued on Page 8*



# Rocky on Fitness

by Rocky Khosla, M.D.



## Chewta sez:

"Man, I don't know how the SCR manages to keep charging such low fees for participating in local race, because the club's expenses seem to keep going up all the time. I just heard that the SCR's dues to the RRCA are going up for the year 2000, and so is its cost to be insured at races. That's no fun. I don't understand this insurance gig. I mean, has any running club in the entire country ever collected a dime from its insurance coverage? Didn't think so. Oh, well. Hope you all enjoy the relatively low entry fees around here. Hey, maybe you can use some of your savings to buy me some great beef treats and bring them to me at the Nirvana Run next year. Ruff, ruff!"

## This is a real bumper

Speaking of expenses, the SCR has learned through the solicitation of insurance quotes (*Hey, Chewta, there's that word "insurance" again!*) that it can't afford that great offer of a free 1983 Chevy Blazer made by club member Paul Koch. What a bite! Mama said there'd be days like this. Well, actually she DIDN'T. But she should have.

## Moderate drinking is actually beneficial

Ho! Ho! Ho! And Season's Greetings! Since you are reading this, I assume that the Y2K thing wasn't really a baig deal. I thought that I would get into the spirit of the season by writing about spirits. No, this is not going to be one of those new age channeling things. I'm talking about the kind of spirits you may drink occasionally: booze, that is.



Can drinking booze have any good effects on your health? And, if so, how much should you drink before the harm exceeds the benefit? Well, this very question was examined in the New England Journal of Medicine's Nov. 18, 1999 issue in an article entitled "Light to moderate alcohol consumption and the risk of stroke among U.S. male physicians."

Before I get into the results of the study, let me just cover some basics. First, a stroke refers to interruption of the blood supply to a part of the brain. The most common type of stroke is an ischemic stroke where a blocked vessel prevents adequate flow to a part of the brain. The less common type of stroke is called a hemorrhagic stroke, and this is where a blood vessel ruptures, making the blood flow from the rupture inadequate, not to mention that the bleeding itself can lead to big troubles. Strokes are a leading cause of morbidity and mortality in this and other countries.

In the above-mentioned study, 22,071 U.S. male physicians were followed for 12.2 years, and the researchers looked to see if there was any correlation between the amount of alcohol consumed and risk of stroke. The answer is that light to moderate consumption of alcohol (defined as one to seven drinks per week) reduced the risk of total stroke and ischemic stroke in a cohort of healthy, predominantly white male physicians. It appears that having less than 1 drink per week or more than 7 drinks per week increased the risk of ischemic stroke by 20%.

How alcohol can reduce the risk of ischemic stroke has really not been worked out, but there are theories that the consumption of alcohol may increase the good type of cholesterol called HDL-C, and it may also increase the levels of nitric oxide in the blood vessel wall. Also, alcohol may decrease the level of some-

thing called Lp(a), which seems to make cholesterol "sticky."

Before everyone rushes out to the local neighborhood liquor store, I would like to throw in a word of caution that alcohol is a drug that, unfortunately, is most often misused. And when misused, it can lead to tremendous tragedy. If you are going to drink, please do so in moderation and while using common sense. I for one have taken a liking to a wee bit of single malt scotch every once in a while, and if anyone wants to share any stories of ones they have tried and liked or not liked, let me know.



## 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 some of the most useless things ever imagined.

### 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, Cliff Hillegass (*)	

SCR meetings are held the first Tuesday of each month at 7 p.m. at the Pueblo YMCA in downtown Pueblo. Any SCR member is welcome to attend and discuss the U.S. foreign trade policy.

**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 a \$25 charge to have race flyers inserted. The club reserves the right to reject ads/flyers that aren't cool.

(\*) – Cliff Hillegass helped get me through school. He is the inventor of the series of *Cliffs Notes* books.



# Great (& so-so) Stuff

by Gary Franchi



## Here's why God invented treadmills

Thought for today's lunch, compliments of Yogi Berra: "If I didn't wake up, I'd still be sleeping."

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

I'm not dreaming of a white Christmas.

Why should I? It doesn't exactly make it easier to run in Colorado City, where we still have some of the white stuff on the ground from that unexpected storm a few weeks back that dropped about 2 feet of snow on our little town.

I've got this theory about snow - the people who want it to snow don't have to shovel it. Or run in it.

Snow is "the bomb" for stay-at-homes, for those who don't commute to work, for TV-aholics and, of course, for skiers and snowboarders. Many of us runners, or alleged runners, can do without it for the most part.

Oh, sure, it's sometimes nice to put on the tights and gloves and run in fresh powder because it makes the world seem so quiet. It's even more of an escape from the world of noise than is regular running. So peaceful, serene, relaxing ...

... until you have to run after it has accumulated substantially and the roads are slick. When a day or two of this drags on into weeks, for some reason the peacefulness seems to fade.

Well, I suppose that's why God invented treadmills.

As I write this, I'm not aware of the date of the upcoming **SCR Awards Banquet**. I would assume it will be held in late January or early February, but we'll let you know either in the the January issue of "Footprints" or in a special mailing. The banquet is one of the highlights of the year and it will give us a chance to honor those club members who have stood out in 1999. We also will elect new officers for the year 2000. Hope you can attend.

Nominations have been submitted for the respective awards, and you will have the chance to vote for one of them in each category or to write in a choice of your own that isn't on the ballot. The ballot will be part of the special SCR Awards Banquet mailing you will receive. Ballots can be submitted at

the banquet or by mailing them to the club before a date that will be specified. Following are the SCR members who have been nominated for the awards:

- **Male Runner of the Year** – Marv Bradley, Rocky Khosla, Mark Koch, Paul Koch, Mike Orendorff and Matt Sherman.

- **Female Runner of the Year** – Jackie Allen, Stacey Diaz, Susie Dorle, Tracy Dworshak and Laura Schilf.

- **Youth Runner of the Year** – Shawn Borton, Jessica Gogarty, Trevor Hadley, Blake Ottersberg, Kyle Reno, Matt Rottinghaus, and Ryan Dorsey-Spitz.

- **Outstanding Club Member** – Jeff Arnold, Priscilla Portillos, Chief Reno and Jim Robinson.

**NOTE:** The Awards Committee will determine the winner of the Packard Friendship Trophy for the person who promotes running and the Dirty Sock Award for the person who works "behind the scenes" for the betterment of the club.

### 10 things I was just wondering:

- How come you never see a runner wearing a T-shirt that says "Running Sucks"?
- Why is the University of Colorado called CU? Shouldn't it be UC?
- What if none of the bands showed up for the Rock 'n' Roll Marathon in San Diego?
- How come you never see a BMW sporting one of those Pizza Hut delivery canisters?
- Wouldn't it be cool if a fistfight broke out in the open water swim leg of a triathlon?
- Why would anyone get a tattoo from a shop that's run out of a garage?
- How can mail order businesses charge \$6 to ship a pair of running shorts in a soft envelope?
- Does anyone really enjoy listening to a hockey game on the radio?
- Dontcha think we could have lived without that "Runners – Yeah, we're different" magazine ad that shows that guy's naked backside?
- Why is Silly Putty sold at Media Play?

Well, dear readers and those of you who just look at the pictures: Enjoy the holidays. Chewta and I hope you have some time off to catch up on some Z's, your reading, and your running. See ya next year.



### Ultimate in idiocy item of the month:

The *Lights Are Dim Award* this month goes to a Huntington Beach (California) lass who applied to be a "surf watcher" for the "Baywatch" show. One of the tests that candidates had to pass was a half-mile swim trial. Sounds reasonable. But although the young lady said she looked good in a bikini and was a big "Batwatch" fan, it seemed that she couldn't swim and had to be rescued during the trial. I'll bet she doesn't compete in triathlons.



### Movie Line of the month:

"When you finally have the chance to say what you've been wanting to say, remorse inevitably follows."

Pretty sure this flick just came out on video. A so-so movie despite a couple of big Hollywood stars in the lead roles. The speaker of this line also played in "Big" and "A League of Their Own." Now is THAT a giveaway or what?!? Guess who & in what and earn a smile.

Answers:  
Tom Hanks  
"You've Got Mail!"



## Upcoming SCR Birthdays

### January

- 1 Sean Finley  
Tom Diaz
- 8 Cliff Hofmann, Jr.
- 12 Anthony Caprioglio  
Kyle Reno
- 13 Chuck Moore
- 14 Doug Leyva  
Logan Gogarty
- 16 Chief Reno
- 17 Robert Pratt, Sr.
- 18 Julia Martin  
Glenn Freelove  
Gloria Montoya
- 22 Dave Dehn
- 24 Ruth McDonald  
Amy Robinson
- 25 Monica Diaz
- 26 Matthew Gallegos
- 27 Mike Messick
- 28 Andy Ballou
- 31 Steve Cathcart

## SCR runners talk to Elvis

Three SCR members were among the finishers in the First Tennessee Memphis Marathon that was held early this month in the land that Elvis made famous. Leading the way was Marv Bradley of Cañon City. He took first in the 60-64 age division with a time of 3:31. Also completing the marathon were Sam McClure of Cañon City and Kim Westerman of Pueblo West, with Sam coming in about 10 minutes or so after Marv and Kim in 3:51. I'm told that Elvis rode in the lead car. And we were wondering what happened to him.

# Trail Notes: *Near-miss makes it sweeter*

by Shaun Gogarty



I think I have been honest enough about my failures in these articles that it should be OK to give myself a little praise. Two months ago I ran the St. George Marathon (definitely NOT a trail run) in hopes of qualifying for Boston. Now, I know that most trail runners don't put Boston at the top of their "to do" list, but when I started running a couple of years ago I set a long-term goal of running the Boston Marathon. Along the way I found trail running to be much more enjoyable, but being hard-headed and stubborn (remember last month's article?), I couldn't give up on my original goal. Through the summer, I did a lot of track and road speed work and accordingly missed out on running the trails I've learned to love. But I wanted to accomplish my goal.

I won't bore trail runners with all the details of the St. George road marathon. Unfortunately, as I arrived at the final mile marker at St. George I looked up to see the timer at 3:18. I'd done a lot of speed work, but I was pretty doubtful of doing a 2-minute mile in order to finish in the 3:20 cut-off for Boston. Needless to say, the last mile was downright miserable. My physical reserves completely depleted, my purpose now gone, I slogged to the finish in a PR of 3:27 but feeling quite glum. After a week of physical and emotional recovery, I decided to try again (see sentence on stubbornness above) and qualify for Boston. The only deterrent was finding a qualifying marathon as winter approached. Fortunately, I not only found a great marathon, but a fantastic trail run to boot.

When I travel, I always try to kill as many birds as possible with one stone. My daughter wanted to visit some colleges in the East that she was interested in attending next year. It would be too expensive to travel there just for that, but if I had a marathon to run while there, then probably I could justify the expense! Searching the usual sites for marathons, I came across the "Northern Central Trail Marathon." The trail part sounded great. Then I found that it was actually a certified course and it was on Thanksgiving weekend. That worked well with our work and school schedules. Out here in the wild West, we probably wouldn't even think of certifying a trail marathon. Why bother when no one is going to run PR's on trails like "Collegiate Peaks" and "Mosquito." But in the East, most of the mountains got worn down long ago, making for some great, gentle trail runs.

The "Northern Central Trail Marathon" began at Sparks Elementary School in Sparks, Maryland. After a mile or two of country roads, we crossed a river and then began running up the

river on the trail. Some time in the past, a narrow gauge railroad ran along the river. When the railroad died, some quick-thinking people turned the rail bed into a wonderful trail that runs all the way into Pennsylvania. For thirteen miles we twisted our way through hardwood forests next to a beautiful river. The grade, though uphill, was hardly noticeable although there were rolling hills all around. The surface was wonderful dirt and gravel that saved my feet and legs. Compared to the pounding I had taken on the roads of St. George, this was heaven. I

wasn't moving quite as fast as a train, but it almost felt like traveling

by train as the wooded areas gave way to small villages tucked into hillsides and old train stations with cheering onlookers passing



out replenishment drinks.

At about 15 miles, we turned around and headed back. The downhill grade was not painful but very helpful. Out-and-backs can be less interesting than loops, but with delirium setting in it was just as lovely on the return leg. My half-marathon time was 1:34, so I felt confident that I could actually qualify. But, alas, the miles began taking their toll and my mile times grew longer. With my hamstrings trying to tear my lower legs from my upper legs, and my body screaming to stop, I finally came to the last few miles. I knew I was close to the finish but couldn't see it quite yet and time was running out. Fortunately, my daughter had walked up the trail and was there to yell, run with me and coax me the last half-mile to the finish - "It's just around the corner" she screamed. With my energy gone but hopes still high, I sprinted the last few tenths of a mile (sprint for me, is of course a relative term). As I crossed the finish, I looked at the clock to see a 3:20:29. Boston lets you in up to 3:20:59. What perfect pacing on my part (ha-ha!). A much more enjoyable way to qualify for Boston - a great trail run and marathon. Now I can get back to running where I really want to run - on the trails!

### Upcoming Events

- **The Frozen Ass Trail Run** – 30M/20M/10M. Littleton, Dec 18, 303-973-7575
- **Search & Rescue Run** – 10K & 5K. Colorado Springs, Jan 1, [www.pprun.org](http://www.pprun.org)
- **Winter Series #1** – 5K & 10K. Colorado Springs, Jan 8, 719-598-2953
- **Winter Series #2** – 15K. Colorado Springs, Jan 22, 719-598-2953
- **The Frosty Trail Runs** – 12.5K/25K/50K, Feb. 12, 303-973-7575



# The Rim Rock 37K – VII

by Steve Farley

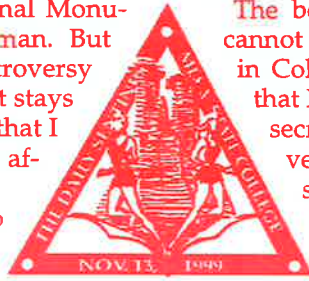
A runner couldn't have asked for better conditions for the 7th annual running of the Rim Rock Run in Grand Junction. The start temp was about 38 degrees, there was not even a hint of a breeze, and the humidity was about as dry as dust. I had wanted to run this race ever since I read about it in the November 1998 issue of *Runner's World*. You may remember that this is the infamous race that was almost cancelled because of a power struggle between the race's organizer, Katie Hill, and the Colorado National Monument superintendent, Steve Hickman. But there seemed to be a lack of controversy this year and I for one hope that it stays that way because this is one race that I would love to come back to year after year.

Checking the Rim Rock web site, I see that there were four runners from Pueblo entered in the field of 400 this year. Along with me, there was Mark Rickman, Mike Orendorff and 6-time Rim Rock runner Joe Stommel. Another from the area was Donna Nicholas-Griesel of Coaldale, which is between Canon City and Salida.

I have to say that this is one of the most excellent races that I have ever participated in. I really don't know why it is that I say that. Maybe it was the weather, the sponsorship, the course, and the absolute wonder of the natural beauty of the National Monument, the volunteers or the race organization. Maybe it was a little bit of all of the above. But one thing is certain when you talk about this race – it is a challenge. (Of course, I could say that about EVERY race that I run.) Oh yeah, let me mention here too that I think the sweatshirt we got was one of the coolest shirts I have ever gotten and the finisher medal is just like the logo included with this article.

Rim Rock road is basically a 22.6-mile serpentine, two-lane road that runs through the middle of the park in an East-West direction, and the race is run from the East entrance to the West. From the start to about mile 8, the run is all uphill. I hate uphill and anyone in their right mind would agree with me on this. My thighs were screaming at about 5 miles into this brute and at mile 10 I was starting to have doubts about ever being able

to walk again after that. My right foot went to sleep (I should have stretched more) and a rhythm was impossible to settle into. Not everyone shared these difficulties, though. I talked to Mike about the course and what his thoughts were just after the run and I discovered that he might be just a bit touched in the head!!! Get this; Mike says he wanted MORE hills!!! For heaven's sake, there is a 1,670-foot elevation gain in 8 miles and Mike wants more??? God love him! I bet he loved his vegetables as a kid too. (Ed. Note: *That's why we call him Aliendorff, Steve.*)



## Rim Rock Run '99

The beauty of the course and the park cannot be overstressed here. I have lived in Colorado since 1977 and I do believe that Mesa County is one of the best-kept secrets of Colorado. The people are very nice, very friendly and the town still has that quaint small-town atmosphere with lots of good restaurants and interesting places to visit. The race is small because it is limited to only 400 runners and there is a 5-hour cut-off time. I really don't see how this course could hold more than the 400 runners that fill the race card.

In case you were wondering about the times for this race for the Pueblo runners, Mike did a blistering 2:41, good enough for a 4th place in his age group and 24th overall. Mark Rickman did a 2:49:01, Joe clocked in at 3:21 and as for me, the clock read 3:15 when I came across the line. On the female side, Nicholas-Griesel finished in 4:23. If there are any SCR members that ran the race and were omitted, I apologize for that. Oh yeah, I am not sure if all 400 applicants showed up for this race or not but there were 332 finishers.

The first woman finisher, Leanne Whitesides of Grand Junction, shattered the women's mark, finishing her first attempt in 2 hours, 28 minutes, 52 seconds. She topped the old record of 2:34:14 set in 1997 by more than five minutes.

The first-place overall men's finisher, 42-year old Tom Borschel of Idaho Falls, Idaho, survived some last-mile cramping to cross the finish line in 2:17:38, good enough to cut 25 seconds off the former men's master's mark of 2:18:03.



## Side stitches & a cure for them

Ever wonder what causes side stitches?

- Yes \_\_\_\_\_
- No \_\_\_\_\_
- Don't know \_\_\_\_\_
- Don't care \_\_\_\_\_
- Get lost \_\_\_\_\_
- Shhh! I'm napping \_\_\_\_\_

Actually, a stitch can occur when the organs of your abdominal cavity (including the stomach, spleen and liver) bounce up and down as you exercise. If the bouncing coincides with the diaphragm moving upwards, it can create strain, which can force the diaphragm to spasm, creating pain. But there is a simple remedy. When a stitch strikes, change your breathing pattern so that you breathe out when the leg on the opposite side hits the ground. It also helps if you grunt loudly as you breathe out since this forces the diaphragm out of a tightened position.

– Body Island Health & Fitness

**Next SCR Meeting**

The next SCR meeting will be held at 7 p.m. Tuesday, Jan. 4, at the Pueblo YMCA in downtown Pueblo. Any SCR member may attend and take part in any discussion.



## A message from Judy

To all women in attendance at the Atalanta race, I want to thank you for coming out for this event. The spirit of Atalanta lives on in Pueblo, and I thank those who have kept the flame alive for twenty years. The men of the running community deserve a special tribute, as they have honored us with their hard work and support for this race.

I look back on the years when I was active in its promotion as some of the best times of my life. We had a goal, and we worked to bring it to the female athletes of Pueblo. The faces may change and the names are new, but you all carry on a wonderful tradition for us. My special thanks to Kathie Arwood for her wonderful contribution by providing the hand-made awards. I personally am proud to call her friend.

I look forward to seeing many of you next summer, if I'm lucky, on the roads with my bandana, running shoes securely tied, and a smile on my face. Bless you all, for your continued support of running in Pueblo.

Sincerely,

Judy Tucker

# Atalanta Women's 5K

5K (3.1-mile) races held Nov. 20, 1999.  
Results extracted from race bibs.

## 5K Run

Runner	Age	Time
1. Laura Landes	36	19:50
2. Rita Vigil	32	21:00
3. Stella Heffron	32	22:33
4. Jackie Allen	31	22:40
5. Chrissy Cruz	31	22:45
6. Teresa Taylor	39	23:13
7. Stacey Diaz	39	23:38
8. Barbara Hadley	46	24:32
9. Misti Frey	32	24:43
10. Trisha Ferguson	48	24:43
11. Stacie Taravella	34	24:58
12. Marijane Martinez	47	25:19
13. Gloria Gogarty	43	25:50
14. Jessica Quintana	56	26:30
15. Donna Musgrove	51	27:19
16. Donna Nicholas-Griesel	53	28:33
17. Lyn Crawford	38	28:51
18. Molly Hadley	12	29:49
19. Sarah Blackwell	23	30:06
20. Tiffany Reno	14	30:23
21. Stephanie Farley	11	32:04
22. Gloria Farley	42	32:13
23. Melina Hernandez	16	32:20
24. Maria Elena Weaver	40	32:22
25. Melissa Mazur	32	33:07
26. Jean Dyer	36	33:34
27. Cheryl McCoy	55	34:32
28. Deborah Conroe	45	34:32
29. Rebeccah Stringer	46	45:08

## 5K Walk

Walker	Age	Time
1. Amy Fanning	25	34:41
2. Kristen Inman	30	39:19
3. Donna Hickman	45	40:12
4. Lina Montoya	43	42:53
5. Lois Pfost	57	43:30
6. Amanda Conroe	13	46:53



Even before the Atalanta Women's 5K run began, some of the eventual top finishers had gathered in front of the pack. From left in front here, and their overall finishing positions, are Chrissy Cruz (5th), Stella Heffron (3rd), Laura Landes (1st) and Rita Vigil (2nd).

Atalanta photos by Gary Franchi



Twelve-year-old Molly Hadley of Rye finished 18th overall in the 5K run division but she also was the race field's first finisher under the age of 31. Molly's time was 29:49.

## The story of Atalanta is told once again

(This story of Atalanta was provided by Judy Tucker, an original founder of the Southern Colorado Runners, and read by club member Jessie Quintana prior to the awards ceremony following the race.)

Atalanta was a woman in Greek Mythology who possessed great strength and courage. She was a swift runner and was much admired by men and women alike. Hippomenes, a runner of some renown, challenged her to a foot race. The prize was to be her hand in marriage, if he could defeat her.

To prepare for the race, Hippomenes asked friends about her likes. Learning that she loved fresh apples, he secured several golden apples and had them

placed at strategic places on the race course.

When the race began, Atalanta secured an early lead. However, when she spied the golden apple by the side of the path, she stopped to enjoy it. Soon there was another apple to be savored, and by the end of the race she had been passed by her competitor and lost the race.

And so, my friends, we run to avenge Atalanta. We honor her as a symbol of female strength and beauty as well as an honest person who kept her promises and remained true to her principles.

The Atalanta Women's 5K race is held to inspire all women to develop their potential as athletes, to do their best, and to live the good and honest life, no matter what comes along.

# Rock Canyon Half-Marathon

13.1-mile race held Dec. 5, 1999.  
Results provided by Jeff Arnold

Overall winners:

Male – Orlando Velasquez, 1:12:01  
Female – Mariko Shirazi, 1:24:25

Runner	Age	Time
1. Orlando Velasquez	29	1:12:01
2. Darrin Eisman	34	1:16:06
3. Paul Koch	31	1:16:13
4. Brian Kates	28	1:18:10
5. Steve Cavilli	39	1:19:27
6. Eric Miller	25	1:20:17
7. Paul Sullivan	33	1:20:35
8. Doug Sersin	30	1:21:32
9. Thom Santa Maria	36	1:21:44
10. Tom Kelec	44	1:22:46
11. David Meyers	38	1:22:54
12. Rick Hessek	33	1:23:05
13. Bob Stoneman	45	1:24:13
14. Mariko Shirazi	31	1:24:25
15. Mike Orendorff	48	1:24:42
16. Bob Simmons	30	1:24:44
17. Larry Miller	49	1:25:05
18. Kurt Nickels	30	1:25:55
19. Mark Jankelow	36	1:25:45
20. Matthew Hershey	23	1:26:06
21. Mark Koch	40	1:26:12
22. Rich Hadley	43	1:26:38
23. Bev Zimmerman	36	1:27:04
24. Kevin Sienkowski	32	1:27:23
25. Scott Sells	43	1:27:34
26. Neal Oseland	30	1:28:54
27. Laura Landes	36	1:28:59
28. Maddy Tormoen	37	1:29:37
29. Eck Zimmerman	48	1:29:59
30. Mark Rickman	38	1:30:28
31. Dave Burgess	42	1:30:47
32. Robert McAndrews	60	1:30:54
33. Scott Gorthy	33	1:32:53
34. David Lemon	47	1:33:33
35. James Robinson	48	1:33:39
36. Robert Santoyo	37	1:34:09
37. Phyllis Dean	36	1:34:10
38. Kevin Donaldson	35	1:35:06
39. Traci Dworshak	35	1:35:08
40. Hans Johansson	46	1:35:09
41. Todd Burgess	30	1:35:27
42. Hector Leyba	49	1:37:41
43. Steve Meyers	52	1:37:43
44. Jim Romero	59	1:37:51
45. Mike Conneighton	36	1:38:32
46. John Moha	55	1:38:38
47. Roy Hughees	47	1:39:35
48. Michele Hartley	29	1:40:26
49. Matt Sherman	27	1:40:39
50. Laura Schilf	37	1:40:53
51. Doug Freeman	54	1:41:47
52. Rebecca Monahan	27	1:42:22
53. Hans Zimmerman	60	1:42:47
54. Kelly Hutchison	32	1:43:05
55. Jim Beckenhaupt	52	1:43:12
56. Stan Hren	58	1:43:36
57. Ami Chamberlain	29	1:43:48
58. Nick Leyva	46	1:44:08



Mariko Shirazi was the first female finisher in 1:24:25.

59. Dave Escovitz	16	1:44:14
60. Joe Stommel	50	1:44:24
61. Lonney Vogt	45	1:44:47
62. Paul D'Allessandro	39	1:44:53
63. Steve Jennings	45	1:45:23
64. Tom Zehringer	45	1:45:26
65. Frank Gay	53	1:45:50
66. Mike Borton	44	1:45:52
67. John Molet	56	1:45:54
68. Carol Kinzy	51	1:45:58
69. H.A. Ewe	42	1:45:58
70. David Reily	47	1:46:03
71. Jackie Allen	31	1:46:21
72. Mark Schultz	25	1:47:06
73. P.J. Wayne	36	1:47:19
74. Mark Kuhn	33	1:47:37
75. Jenine Ebersolh	50	1:47:44
76. Kyle Reno	17	1:47:52
77. Bob Whitney	46	1:47:57
78. Lorraine Hoyle	52	1:47:59
79. Dave Allen	32	1:48:32
80. Sean Bryan	40	1:48:40
81. Angela Graf	30	1:48:44
82. Ted Puls	40	1:48:51
83. Allen Nickels	62	1:49:16
84. Sue Ferrere	34	1:49:18
85. Carla DeVaughn	54	1:49:39
86. Alan Johns	51	1:49:46
87. Tonia Ellsworth	30	1:50:10
88. Peg Roddy-Reeg	51	1:50:18
89. Sam Mastas	43	1:50:37
90. Janice Webb	45	1:51:21
91. Linda Reeg	46	1:51:28
92. Julie Kliesch	31	1:51:35
93. Bob Bussey	63	1:52:04
94. Marie Davie	36	1:53:00
95. Stacey Diaz	39	1:53:01
96. Jennifer White	31	1:53:37
97. Laura Brown	26	1:53:37
98. Mark Good	45	1:53:40
99. Jamie McMillen	56	1:53:47
100. Vickie Williams	30	1:54:02
101. Tara Krull	26	1:54:04
102. Marijane Martinez	47	1:54:07
103. Betty Furlong	40	1:54:14
104. Kelly Kurtz	33	1:54:23
105. Marcia Moore	41	1:55:20
106. Dave Roche	47	1:55:29
107. Courtney Butler	16	1:55:35
108. Jana Dietrich	16	1:55:35
109. Jerry O'Donnell	53	1:55:45
110. Aaron Ure	18	1:56:16
111. Steve Walls	43	1:56:25
112. Trisha Ferguson	48	1:56:26
113. Robin Kreuger	31	1:56:26
114. Michael Olson	42	1:56:47
115. Ed Gleason	44	1:56:38

Continued on Page 8



Mike Borton and Carol Ann Kinzy were cruising early in the Rock Canyon Half-Marathon. Rock Canyon photos by Gary Franchi



## Things you probably were not aware of

### Boost your immunity

If you are a beginning runner, you can boost your immunity level by running only 3 days a week. It's true -- even if you're reading it here. Researchers at the University of Toronto in Canada found that running 5 or more times a week causes a drop in antibody-producing immune B cells but doesn't in those who run just 3 days a week.

### How sweet it is

A chemist named Gang Sun at the University of California-Davis has invented an odor-resistant cotton sock. He expects to market his **HaloSource** product, which would be inbedded with chlorine atoms, next year as gym socks that he claims will stay fresh for 5 weeks. He then plans to expand the concept by incorporating it to diapers and bed-sheets.

### Race fields are filled

Hope you hadn't planned on running either the Walt Disney Marathon in January or the Big Sur Marathon since both races have been filled and have cut off registrations. I hear there's still time to register for the Pueblo River Trail Marathon, though, although it's filling up fast!



## Weird stuff you need to know

### Nice view

Research conducted at Carnegie Mellon University have found that people who sit near a window have 23% fewer complaints for stress-related illnesses such as headaches, back pain and exhaustion.

– Chicago Tribune

### Good penmanship

Two men were arrested recently for a scam that helped truckers cheat on the New York state truck driver's exam. Apparently, the answers to the exam were written on the butt crack of the person sitting in front of them.

– Conan O'Brien

### Running streak

Dick Graesslin of Las Vegas has quite a streak going. Dick, who is 70 years old, has not missed a day of running for more than 28 years. He started his streak on April 12, 1971. Despite his streak, Dick has never run in a competitive race, and he has a reason for that. "I have never been injured. Sometimes when you run competitively, you can get injured. By not overtaxing my body, I don't have to deal with those medical problems."

– Las Vegas Review-Journal

# Rock Canyon has numbers, swift runners

Continued from Page 1

lows: 5K, 14:20; 10K, 28:50; half-marathon, 1:03; and marathon, 2:15:02. Orlando's time in the Rock Canyon Half-Marathon may seem relatively slow for him until you consider that he broke his leg in an automobile accident one year ago and only started training again six months ago.

Orlando works for Pepsi-Cola, which sponsors his running activities. In fact, Orlando was putting on his work clothes following the awards ceremony for the Rock Canyon. He says that he enjoys working for Pepsi because they let him set his own hours so he can concentrate on his training and racing. Orlando is running a marathon in Alabama in a few weeks to attempt to qualify to run in the Olympic Marathon

Trials in May 2000. We wish you luck, Orlando.

Mari, an engineer for the National Renewable Energy Laboratory, is also quite a story. She was the overall female winner of the 1998 Pikes Peak Marathon with a time of 4:57:00 (it took me four hours just to get to the halfway point when I ran the Pikes Peak Marathon), and the 1998 Seattle Marathon with a time of 3:00. Her PR in the marathon is 2:51:37 at the 1999 Grandma's Marathon. Mari called the Rock Canyon a beautiful course and said she would like to run it again.

It is evident that Dave Diaz knows how to direct a race and to keep it simple. The course is beautiful, no matter the weather. However, it sure helps draw the numbers



The top 3 finishers in the Rock Canyon race took a few minutes to compare notes in City Park after the race. Finishing 1-2-3 were (from left) Orlando Velasquez, Darrin Eisman and the SCR's Paul Koch.

Photo by Gary Franchi

## Rock Canyon Half-Marathon

Continued from Page 7

116. Gail Craig	42	1:56:47	140. Wayne Whitney	60	2:07:33
117. Ken Whitney	69	1:56:52	141. Mary Darden	34	2:07:55
118. Ken Greenberg	45	1:57:02	142. Matt Kinsinger	65	2:08:22
119. Jane Harris	38	1:57:20	143. Vicki Gričius	41	2:09:25
120. Les Lundin	50	1:57:23	144. Nancy Vohs	41	2:09:47
121. Ed Mighell	69	1:57:25	145. Amy Hulstrom	32	2:09:58
122. Maria Weaver	40	1:57:52	146. Kim Kitchen	41	2:12:16
123. Victor Olguin	41	1:58:06	147. Rick Pearcey	46	2:12:17
124. Elizabeth Ross	23	1:58:07	148. Anita Bower	28	2:12:49
125. Lynne Pauley	52	1:58:07	149. Andy Krautheim	13	2:12:58
126. James Olsen	50	1:58:20	150. W. Democrattice	20	2:14:16
127. Don Ferrer	50	1:58:42	151. Emily Forester	23	2:14:37
128. Stacie Taravella	34	2:00:24	152. Garry Buckley	58	2:15:32
129. Jessie Quintana	56	2:00:42	153. Tod Harrais	38	2:15:33
130. Mary Zehringer	36	2:01:45	154. Kristin Lavelle	35	2:15:34
131. Bill Cox	42	2:01:45	155. Ariana Graf	21	2:16:23
132. Curtis Imrie	53	2:05:52	156. Donna Nicholas	53	2:16:28
133. Ann Joyce	34	2:06:03	157. Kris Derge	42	2:20:21
134. Rick Stull	46	2:06:04	158. David Sorenson	45	2:21:29
135. Konrad Gruca	43	2:06:40	159. John Holiman	72	2:22:21
136. Robin Satterwhite	48	2:06:56	160. Don Johnson	45	2:24:15
137. LeRoy Smith	50	2:06:57	161. Gerald Puls	73	2:25:04
138. Daryll Stevens	48	2:07:15	162. Cynthia Dreiling	40	2:28:56
139. Evelyn Gottschaller	43	2:07:24	163. Jerry Kent	59	2:29:08
			164. Mark Krautheim	44	2:29:10
			165. Debbie Myers	43	2:37:20



Gerald Puls is still fleet of foot at 73 years young



# Definitely Not Great Stuff

by Matt Martin

## We're still stuck with helium head

"... we come to beginnings only at the end."  
- William Bridges

This Christmas edition of Definitely Not Great Stuff is dedicated to Gary Franchi, who we thought was retiring as "Footprints" editor. Gary, a living example of artificial intelligence, has brought our little group national recognition

with his numerous RRCA awards. Gary's wit, as sharp as a marble, has kept me rolling with laughter for some time. Some say that Gary's newsletter, and that is really what "Footprints" is, is the glue that has kept the club together. Gary will always be known for two things: his comedy writing skills, and that he was Charles Manson's drinking buddy. (Ed Note: Hey, Charlie is actually a great guy when you get to know him!)



**Beloved editor Franchi keeps his mind rested so he can conjure up some creative insights.**

Gary, who as a teenager was fired from McDonald's for his short attention span, hopes to reach bigger and better things by turning his attention to making money from his writings. We wish Gary, who is living proof that nature does not abhor a vacuum, all the best in the world in these endeavors. But he hopes to do this while continuing to produce "Footprints" since he has agreed to continue on as its editor. Heaven help us!

Four Ways to Drive Your Spouse Crazy During the Christmas Season (taken from the Internet):

1. Paint your nose red and wear antlers. Constantly complain about how you never get to join in on the reindeer games.
2. Build a snowperson with your spouse and place a hat on its head. When it

doesn't come to life, cry hysterically: "It didn't work!"

3. Wake up every morning screaming "Ghost of Christmas Future, please have mercy on my soul!"
4. Steal a life-size nativity scene and display it in your room. When your spouse asks, tell him/her "I had to let them stay here, there's no room at the inn."

When Khalid Khannouchi starts wearing a Breathe Right Nasal Strip, then I will, too.

A list of 50 running books can be found at <http://exclusivetvlnet.com/bookstore/dancer/running.htm>. The books are listed as links. Click on a link and you are sent to Amazon.com for a chance to buy the book.

Six things to do when you get bored while Christmas shopping at Wal-Mart, as seen on an Internet site:

1. When there are people behind you, walk REALLY SLOW, especially down thin narrow aisles.
2. Move "Caution: Wet Floor" signs to carpeted areas.
3. Ask other customers if they have any Grey Poupon.
4. When someone asks if you need help, begin to cry and ask, "Why won't you people just leave me alone?"
5. Say things like, "Would you be so kind as to direct me to your Twinkies?"
6. Put M&M's on layaway.

Old swimmers never die, they just have a stroke.



May all of you have a truly great holiday season and are able to enjoy welcoming in the new millenium in style.



## Training to do your best

"Eventually you will reach a peak in your training. Running becomes easier and less of an effort. You are able to finish your weekly long runs at the same pace you started and you don't feel as tired or worn out the next day. You feel good. To achieve peak performance, mental strength may be as important as physical strength, but you achieve mental confidence by training yourself physically."

- Hal Higdon

## Treadmill chat

According to researchers at the Univeristy of Alabama, the internal computers on treadmills often over-estimate the number of calories burned in a workout by 20-30%. They advise keeping on running for five minutes after the treadmill display tells you that you have reached your required calorie goal.

- BodyIsland Health & Fitness

When you're on a treadmill, set the elevation to 1% or 2% to account for the lack of wind resistance an the aid of the tradmill's motor. That way the workout will be the same as running outdoors on flat terrain.

- Eileen Portz-Shovlin

**Season's Greetings!**

Remember: 

**Don't Drink & Run**

**GOLD DUST SALOON**

217 South Union Avenue



### Others who ran one Prediction Series race and their points:

Jim Laughton	60.00
Erin Honaker	54.55
Cincy Stone	53.85
Roy Hugles	50.00
Brad Winn	45.71
Jessica Gogarty	45.45
Richard M. Santoya	45.45
Helen Robinson	40.00
Aaron Berndt	36.36
Marv Bradley	34.29
Sam Edwards	33.33
Logan Gogarty	31.82
Allen Weaver	30.77
Marla Winn	28.57
Maddy Tormoen	27.27
John Ulsh	25.71
Jane Gebhart	23.08
Aaron Ure	22.86
Gerald Ure	20.00
Mike Borton	18.18
Mike Till	18.18
Jackie Allen	17.14
Dave Allen	14.29
Crystal Berndt	13.64
Ted Puls	13.33
Larry Swisher	11.43
Mike Cone	10.00
Pat Berndt	9.09
Hector Leyba	8.57
G.E. Puls	6.67
Robert Nolan	5.71
Gloria Gogarty	4.55
Ken Osborn	2.86

### Top finishers to be honored

The top finishers in the Prediction Series will receive awards at the SCR Banquet to be held some time in early 2000. You know, saying "2000" sounds pretty weird. What if we started calling it "Twenty Oh-Oh." There, isn't that better? Or how about "Twenty Zero Zero." Yeah!

## Prediction Race Series - Final Standings

Name	Spring Runoff	Ramsgate 8K	Tunnel Drive	Nirvana 4M	Harvest 5M	Temple Canyon	Marijane & Nick's	Best 4
Ben Valdez	26.67	90.91		100.00	97.14	76.92		364.98
Dave Diaz	20.00	100.00	90.00	77.27			81.82	349.09
Bill Veges	46.67	72.73	100.00	86.36	82.86		72.73	341.95
Nick Leva	100.00	18.18	60.00	90.91	40.00	69.23	36.36	320.14
Rich Hadley			40.00	63.64	88.57	46.15	90.91	289.27
Matt Sherman	93.33	54.55			48.57		54.55	251.00
Marijane Martnez	60.00	27.27		27.27	74.29	61.54	45.45	241.28
Jim Robinson	53.33		80.00		85.71	15.38		234.43
Robert M. Santoyo				72.73	37.14	38.46	9.09	157.42
Mark Koch					91.43	92.31		
Misti Frey					80.00		100.00	
Dan Hickman				81.82	65.71			
Shaun Gogarty				40.91	94.29			
Mike Orendorff		36.36		95.45				
Maria Elena Weaver			20.00			100.00		
Melinda Orendorff		63.64		50.00				
Trevor Hadley				59.09	54.29			
Laura Schilf			70.00		31.43			
Holly Fairchild					100.00			
Melissa Mincic	86.67							
Barb Fox						84.62		
Don Pfost		81.82						
Makiko Taekei	80.00							
Calley Till				22.73	57.14			
Dan Caprioglio					77.14			
Hannah Muchine	73.33							
Tim Vigil			30.00		42.86			
Michael Till					71.43			
Chrissy Cruz					68.57			
Matt Martin				68.18				
Catherine Waitimu	66.67							
Gary Franchi							63.64	
Anthony Diaz					62.86			
Rita Vigil		9.09			51.43			

### County girls

Continued from Page 1

Reno and Pat Berndt on their side. Several local businesses - ABC Plumbing, Arc Valley Construction, Blazer Electric, City Park Restaurant, Ferguson Enterprises, First National Bank (Blende), Larry's Electric, Louie Carleo, Nacho's, plus Latham Water Sevice in Kansas - donated cash as did Fire Fighters Union #3. Other businesses including Andrews Produce, County Market, King Soopers, both north and south, Kmart south, Safeway south, and Stein's Food donated goods for the fundraising spaghetti dinner. Bill and Lee Tiffany, Diana Reno's parents and Crystal's grandfather, also made cash donations. The SCR's generosity filled the last hole in the budget.

In Spartanburg, Crystal ran near her PR in 23:10 in the Intermediate Girl's race. In the Young Women's race, Cecilia placed 83rd in 23:14, Kristi was 88th in 23:43, and Rebekah 92nd in 24:43. They heard Olympian Joan Nesbitt speak and got to see hordes of runners from all over the country, including semi-local Ausencio Martinez from Center, Colorado who placed 7th in the nation among Intermediate Boys in 16:10.

### The Excellent Adventure

8.1-Mile race held Dec. 12 in Pueblo.

Name	Predict	Actual	Variance	Points
1 Misti Frey	1:15:00	1:15:03	00:03	100.00
2 Rich Hadley	51:45	51:58	00:13	90.91
3 Dave Diaz	1:01:00	1:00:18	00:47	81.82
4 Bill Veges	1:02:00	1:01:00	01:00	72.73
5 Gary Franchi	1:14:55	1:13:36	01:19	63.64
6 Matt Sherman	1:03:00	1:01:29	01:31	54.55
7 Marijane Martinez	1:15:00	1:13:12	01:48	45.45
8 Nick Leyva	1:05:30	1:02:15	03:15	36.36
9 Maddy Tormoen	53:00	56:27	03:27	27.27
10 Mike Borton	1:10:00	1:05:18	04:42	18.18
11 Robert M. Santoyo	55:02	59:50	04:48	9.09

### Temple Canyon

4-Mile race held Nov.27 in Cañon City.

Name	Predict	Actual	Variance	Points
1 Maria Elena Weaver	40:00	40:06	00:06	100.00
2 Mark Koch	28:00	27:39	00:21	92.31
3 Barb Fox	41:01	41:34	00:33	84.62
4 Ben Valdez	34:30	35:12	00:42	76.92
5 Nick Leyva	34:30	35:13	00:43	69.23
6 Marijane Martinez	40:00	41:15	01:15	61.54
7 Cincy Stone	41:00	42:41	01:41	53.85
8 Rich Hadley	28:00	26:16	01:44	46.15
9 Robert Santoyo	37:00	34:45	02:15	38.46
10 Allen Weaver	38:30	35:47	02:43	30.77
11 Jane Gebhart	34:30	37:30	03:00	23.08
12 Jim Robinson	33:27	30:25	03:02	15.38
13 Susan Gebhart	34:31	38:36	04:05	7.69

# 2000 Racing Calendar



## Pueblo County - Canon City corridor

### January

29 Sat 10:00AM Frostbite Five & Dime, 5K & 10K ..... City Park (719) 543-5151

### February

13 Sun 9:00AM Valentine's Twosome, 1.6M each partner ... City Park (719) 947-3682

### March

5 Sun 8:15AM Spring Runoff, 5K, 10K & 10M ..... Side Pocket (719) 542-5350  
5K begins at 8:15, toddlers race at 9:15, 10K & 10M at 9:30 AM

### April

30 Sun 9:00AM Y-Bi Classic Duathlon, ..... Pueblo West (719) 543-5151  
11.2-mile bike & 5.5-mile run

### May

21 Sun 7:15AM Ordinary Mortals Triathlon, ..... Pueblo West (719) 543-5151  
550-yard swim, 13-mile bike & 5K run

## Other somewhat nearby areas

### December

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  
23 Sun Polar Bear Run/Walk, 5K ..... Washington Park, Denver (303) 694-2030  
30 Sun Super Bowl 5K ..... Washington Park, Denver (303) 694-2030

### February

12 Sat Winter Series III, 5M & 10M ..... Baptist Road/Santa Fe Trail (719) 598-2953  
13 Sun Valentine's Day 5K ..... City Park, Denver (303) 694-2030  
20 Sun Washington's Birthday 5K ..... Washington Park, Denver (303) 694-2030  
26 Sat Winter Series, IV, 5K & 10K ..... Wolford Elementary School (719) 598-2953

### March

5 Sun That Dam Run, 5M ..... Cherry Creek Dam ?

## Regional Marathons (& others of interest)

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
	20	Desert Classic – Scottsdale, Ariz. ....	(602) 954-8341
	26	Cowtown - Fort Worth, Texas .....	(817) 735-2033
March	5	Los Angeles .....	(310) 444-5544
	5	Army Medcom – Fort Sam Houston, TX .....	(210) 221-2523
	19	Dallas Trails – Texas .....	(214) 690-7722
	25	Great Southwest – Abilene, TX .....	(915) 677-8144
April	17	Boston (MA) .....	(508) 435-6905
	30	Big Sur – Carmel, Calif. ....	(408) 725-6226



## Would you still run?

What if there was no time. No tenths of seconds, fractions of minutes, no hours to measure your fleetness. What if time was abstract. Nothing strapped on your wrist. Nothing hanging from the wall. No clocktower in the courthouse square. Only yourself for feedback.

### Would you still run?

What if there was no distance. All runs were just runs. No kilometers. No miles. No tracks to run around. No lines to stay within. No calibrated wheels to define how far. Only here and there. Only yourself for feedback.

### Would you still run?

What if our character was passive. No need or desire to be faster than the next man or woman. No competitive nature. No races, no T-shirts, no trophies. No finish lines. Only yourself for feedback.

### Would you still run?

What if there was no physical or mental illness. Everyone's heart was strong. Everyone's weight was ideal. Everyone's mind was clear. Everyone's stress was nil. No scales. No heart rate monitors. No systolic or diastolic pressures to measure. It's all perfect. Only yourself for feedback.

### Would you still run?

If you answered NO to at least 1 of these questions, congratulations. You have just answered the question "Why do I run?"

– Michael Selman  
Roads Scholar



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

- Between Thanksgiving and New Year's, the typical American gains an average of 2 to 5 pounds. – *Liz Applegate, nutritionist*
- Americans eat 7% more calories than they did 20 years ago. – *Time mag.*
- Only 15% of retirement age people do not continue working in some type of productive lifestyle. – *Dr. Don Germann*
- In a random survey of SCR members, 99.7% of them said they would prefer gaining weight over the holidays to reading an issue of "Footprints." – *Pollsters Unlimited*

## Racing info. to end a millennium

by the Editor

### Rescue Run

These race officials have been smart enough to start this New Year's Day race at 10 a.m. every year, realizing that a few runners might be doing just a tad of reveling the night before. Those of us from relatively distant locales appreciate that.

The Rescue Run includes 5K and 10K races along with a kids race at 9:30 a.m. Tough course -- lots of uphill on the way out before you get the downhill on the way back. There are a bunch of giveaways after the race for those who stick around, and the SCR contingent usually does since many of its representatives place every year. Then a group of the Pueblo area's finest has been know to grab some eats (and occasionally some spirits) afterward at a local eatery. Join us and start the New Year right!



### Frostbite Five & Dime

This January 29 race will be the first in

Pueblo in the new year. The races start and finish in City Park by the Pavilion, beginning at 10 a.m., but much of the courses are on the River Trail. I'm told that all runners will receive one of those super long-sleeved mock turtle-necks again this year. There also will be prize drawings afterward, too. Cool!

### Miscellaneous ramblings

- You might have noticed in the race calendar on Page 10 that several SCR races have already been scheduled in 2000. I hope you all realize what a miracle this is; so un-Pueblo like.
- If some organizers have their way, a half-ironman will be coming to the John Martin Reservoir on Sept. 10. If the permit is granted, the Harvest Moon Half-Ironman will become reality. If you've got a fanatical bone in your body, start training early.
- The 4-race Winter Series in the Colorado Springs area begins Jan. 8 and includes races on Jan. 22, Feb. 12 and Feb. 26.
- The inaugural North Pole Run will be held Dec. 25 for all those who believe in Santa. Make up a site and distance in your head.

*For the soul ...*

*"Running is a statement to society. It is saying 'no' to always being on call, to sacrificing our daily runs for others' needs. When we run, we are doing something for ourselves." – Phoebe Jones, runner*

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

Non-Profit  
Organization  
U.S. Postage  
Pueblo, Colorado  
Permit #260



KENNETH & LENORE RAIC  
3912 Goodnight  
PUEBLO, CO 81015



**If you move, keep the good jams coming!**

Issues of "Footprints" are not forwarded. Hence, if you move, please get your new address to the SCR Membership Chair in care of the YMCA at the address listed above left.



»»»»» The address for the Road Runners Club of America is: 1150 S. Washington St., Suite 250, Alexandria, VA 22314-4993  
The RRCA's Home Page on the World Wide Web is: [www.rrca.org](http://www.rrca.org)



YMCA of Pueblo



# Y2K

## Frost Bite 10K & 5K

**JANUARY 29, 2000 ~ 10:00 AM**

**COURSE**

The courses will be a loop and begin near the City Park Pavilion, 800 Goodnight Ave. The race will be assisted by Southern Colorado Runner's Club.

**REGISTRATION DEADLINE**

January 22, 2000 or register at City Park Pavilion 30 minutes prior to the start of the race. Fill in the form below and mail in or drop off at the YMCA, 700 N. Albany Ave., Pueblo, CO 81003.

**AGE DIVISIONS**

17 and under ☆ 18-29 ☆ 30-39 ☆ 40-49 ☆ 50-59 ☆ 60 & over.

**FEES**

So Colo Runners Club & YMCA Members who pre-register \$16.00  
Pre-registrants & Non-Members ..... \$18.00  
Race Day Registrants & All Entrants After January 22rd .. \$20.00  
(Non-refundable Entry Fee)

**AWARDS**

All entrants will receive a 100% cotton, long sleeve mock turtleneck shirt. Trophies will be awarded to the men's and women's overall winners. First place medals and second & third place ribbons will be awarded in all divisions. A drawing will be held following the race with special prizes.

**IMPORTANT INFORMATION**

Race will begin near the Pueblo City Park Pavilion. You must pick up your bib number at the City Park Pavilion (800 Goodnight Ave.) at least 1/2 hour prior to the start of the race. To get to City Park take Highway 50 West off of I-25 to Pueblo Blvd., turn south, continue until you cross the Arkansas River, turn left on Goodnight. We will have fruit, bagels from Lots A' Bagels, water, All Sport and warm apple cider while awards are being distributed at the Pavilion following the race.

For Further Information Contact  
the YMCA - 543-5151

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**YMCA OF PUEBLO Y2K FROSTBITE 5K & 10K ENTRY FORM**

Name \_\_\_\_\_ M F Age as of Jan. 29th \_\_\_\_\_  
Address \_\_\_\_\_ Zip \_\_\_\_\_  
Phone(H) \_\_\_\_\_ (W) \_\_\_\_\_ Shirt Size: S M L XL

**SCR/YMCA Members who pre-register: \$16**

**Pre-registrants & Non-Members: \$18**

**Race Day registrants & all entrants after Jan 22rd: \$20** Amt Paid \_\_\_\_\_ Receipt # \_\_\_\_\_

I knowingly and at my own risk, and in consideration of my acceptance as a participant, hereby forever waive and release any and all claims for injuries that I may incur as a direct or an indirect result of my participation in this event against the YMCA of Pueblo, or any employee, official, or elected official of this organization.

Signature (Parent/Guardian if Under 18) \_\_\_\_\_ Date \_\_\_\_\_



# 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.



Mail this application and your check to:

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

### 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*

