



EDITOR: Gary Franchi

FOOTPRINTS

The litter of the pack

A February 2001 edition that will win your heart



SCR honors its finest of 2000, elects new officers

"Mr. Do Everything" Raich selected club's most valuable

by the Editor

Let's see, I think the saying goes: "Every dog has his day." Or is it: "Everyone gets their just due." Hmm, or how about this: "To the victor goes the spoils."

Well, whatever, some of the outstanding club contributors and race participants were paid homage at the annual Southern Colorado Runners awards banquet held at the tail end of January. The extravaganza took place at the St. Francis Xavier Church hall, which proved to be an exquisite site for such an event.

And a dandy evening it was, starting with the chow that was catered by Pasta Cottage. There even were two SCR cakes brought in from a local grocery bakery. The eating took place while Fireweed, the area's finest bluegrass band, performed some of their many great numbers. They always set a great mood for our banquets, and we thank those guys for being a part of them each year.

Following a couples game (I think it was a takeoff of the Newlywed Game or something like that) choreographed by Misti Frey and won by Mark and Sherri Stinchcomb, the awards presentations began. The emcee was Matt Sherman, SCR Presi-

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Big Dogs

These SCR members were honored at the club's annual awards banquet in late January. Honorees from left are Dave Diaz, Dirty Sock Award; Diana Reno, Female Runner of the Year; Aaron Lopez, Youth Runner of the Year; Paul Koch, Male Runner of the Year; Ken Raich, Most Valuable Club Member; Gary Franchi, special service award; and Deb & Rich Hadley, Packard Friendship Award.

Photo by Marijane Martinez

Officers for 2001

These are the new SCR officers for 2001. Standing, from left, are Dave Diaz, Treasurer; Jeff Arnold, Vice President; and Diana Reno, Secretary. Sitting in front is Matt Sherman, President. All are holdovers from 2000 except Arnold, who is one of the SCR's original founders.

Photo by Gary Franchi

Club Notes

Anyone out there have an unwanted computer system?

As the SCR begins to use a highly efficient computerized database, it has found the need to have its own computer system. This way we won't have to use those belonging to club members nor the YMCA's. Unfortunately, the cost of obtaining the necessary computer system and software is prohibitive for our little ol' club.

Hence, we are making a plea to the membership to help us out. If anyone out there has purchased a new system or is thinking about replacing its current computer system with a new one, we ask that you please consider donating your old system to the club. And, if possible, if you would be willing to donate the software that's on your computer, that would be a bonus.

We need at least a Pentium system in order to run our database program. Any donation you make to the club is tax deductible. Thank you.

Miscellaneous notes

- There will be a Spring Runoff volunteers meeting at 5:30 p.m. Tuesday, Feb. 27, at *The Pueblo Chieftain*. Besides covering some Runoff volunteer groundwork, there will be free pizza and soda pop.

- The SCR donated \$300 from its Youth Fund to help send a contingent of about two dozen young runners to the Simplot Games in Idaho.



Frogheart sez:

"Many thanks to these folks for donating to the SCR equipment fund:

- Maria Appenzeller
- Dan Caprioglio
- Laura Clark
- Bonifacio Cosyleon
- Paul Dallaguardia
- Glen Freelove
- Neal Kinsinger
- Reggie Marques
- Matt Martin
- Marvin Nezvensky
- Dennis Noonan
- Don Pfost
- Gerald Puls
- Mark Rickman
- Lillian Rivera
- Rog Rogers
- George Slaughter
- David Sorenson
- Maddy Tormoen
- Paul Vorndam
- John Vukich

Rivet! Rivet!"

For the soul ...

"My measure of success is no longer times posted or distances run but health maintained." - Joe Henderson

Please renew - Don't let the well "run" dry

Hard to believe, but there still are some of you out there who haven't renewed your SCR memberships for 2001. Evidently you don't realize that members will be receiving nifty membership cards within the next month. Not only that, but club members receive a free membership to "Dog & Kennel" magazine.

Don't believe me, do you? Well, OK, actually, I just wanted to tell you that, for those of you who haven't renewed your memberships, the gravy train runs out with this issue. To receive the March issue of "Footprints," you must renew. So please do so now.

Members get a \$2 discount on club-produced races, and this includes the upcoming Spring Runoff. Members also get discounts at certain "running stores" here, there and in Fort Collins, a free club picnic, Prediction Race Series, a bonfire schmoozathon, and a fine piece of literary fiction in the mail each month.



The SCR is a member of the Road Runners Club of America. Its membership dues includes \$1.25 per member for them to receive the RRCA's four quarterly "FootNotes" publications. You can contact the RRCA at:

RRCA
510 N. Washington St.,
Alexandria, VA 22314
or at www.rrca.org



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. 233

"Footprints" is the newsletter produced monthly by, about and for the SCR membership. It is bulk-mailed via third class mail by the U.S. Postal Service.

Current SCR Officers

President	Matt Sherman	564-3170
Vice President	Jeff Arnold	947-3682
Secretary	Diana Reno	561-3343
Treasurer	Dave Diaz	564-9303

Non-elected Officers

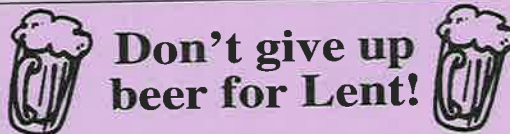
Membership Chair	Ken Raich	564-0847
Newsletter Editor	Gary Franchi	676-4100
Editorial Consultant	Nick Nasch, J.W. Winchester (*)	
Web Master	Ken Raich	564-0847

Contributing Writers

Shaun Gogarty • Dr. Rocky Khosla

SCR meetings generally 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 bring dinner and snacks for everyone.

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 either race registration forms or non-race flyers inserted. The club reserves the right to reject ads/flyers that don't meet its low standards.



GOLD DUST SALOON
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About the Editorial consultant - James W. Winchester is the VP of the Colorado State Shooting Association.



Great (& so-so) Stuff

by Gary Franchi



Reading between the lines in Vegas

Thought for today's lunch, compliments of Robert Byrne: "When the going gets tough, the smart get lost."

Musings on running, fitness, life, etc.:

You know, you sure can learn a lot of things when you travel to races out of the area. I'm not saying you *DO*, but you *CAN*. Of course, depending on your level of revelry during the trip, you might not remember a whole heck of a lot of it afterward.

When not acting like a sponge by trying to absorb everything about the new environment while on a road trip, I like to kick back and catch up on my reading. In fact, being a readaholic, I tend to bring an entire bagful of reading material with me on my trips, most of it running and fitness stuff. Frickin' bag weighs a ton, or at least it feels like it when I've got it draped over my shoulder in the airport.

About the reading, there's more than the "relaxation" principle involved here. You see, I feel if you've got ample reading fodder on an airplane flight, you can ignore the

person sitting next to you. Shoot, wouldn't want to have to *TALK*.

That was the case for me earlier this month when I flew to Las Vegas to see my daughter Amanda, renew my acquaintance with "The Strip" and, since I'm injured, play spectator as a few locals competed in the Las Vegas International Marathon & Half-Marathon. Oh yeah, and Amanda was on the Colorado Gold Dust women's relay team that was assembled by the SCR's Marijane Martinez and sponsored by the Brewski Sisters, proprietors of the Gold Dust Saloon. Thank you, ladies! (*Gee, that plug is probably worth, say, a free burger and fries, dontcha think?*)

Anyway, Las Vegas is so entertaining. You don't have to look around much to experience the sleaze that permeates the city. You can sort of breathe in the degeneracy as you are exposed to one of the most grandiose audio and visual freak shows on Planet Earth. Yeah, it's my kind of place.

But it's worth experiencing, that's for sure.

So much to do. So much to see. So much to absorb. So much money to lose.

To experience a new, humbling experience, I flailed through my first yoga class with Amanda at the Active Yoga Studio. Instructor Di Tyssen, who has a rich Australian accent, conducts a great class, especially if you are flexible. Manda is limber. The rest of the class was limber. I'm without limber. I guess I was the visual freak show here. Why should things change just because I'm in Las Vegas?

The Las Vegas International Marathon & Half-Marathon was exquisite, as the temperature rose to about 70 degrees and the excitement of seeing others accomplish a substantial goal returned once again. I got a lump in my throat watching several obviously first-time marathoners celebrate those last dozens of yards. It was sort of like when my Boston Terrier, Chewta, was still around and used to lick my face when I came home from work. Well, not really. But, hey, both were memorable experiences.

I read later that the 7,800+ runners who com-

peted in the Las Vegas races represented all 50 states and about 35 countries. And that winning marathoner Mike Dudley built a 200-yard lead by the 6-mile mark and then ripped off 9 consecutive 5:04 or better miles to extend his lead. Gee, couldn't the guy run any faster?

Getting back to the subject, and I think there *WAS* a subject to this dissertation a while back, I barely touched that bagful of reading material I carted all the way from Colorado. But I probably have some memories of the trip that will float around in the recesses of my mind from time to time for years to come.

Oh, and I did find some time on the flight back to tackle quite a bit of the Dave Barry novel I'm reading ("Big Trouble"). Although it didn't contain any running or fitness material I can use, it *DID* provide invaluable buffer material from my "nearby neighbor" on the flight home. Hardly had to talk. Nor breathe in any more sleaze.

Till next month, just roll with the dice.

Las Vegas:

You can sort of breathe in the degeneracy as you are exposed to one of the most grandiose audio and visual freak shows on Planet Earth.



Ultimate in idiocy item of the month

Though resourceful, an ad that I read in an alternative newspaper in Las Vegas is ridiculous enough to merit this month's *Lights are Dim Award*. The ad was placed by a tattoo shop offering a free 136-piece tool set or a scooter to anyone buying a tattoo worth at least \$250. Man, this is a great country, ain't it!?!?



Movie Line of the month:

"Pain heals. Chicks dig scars. Glory lasts forever."

Who writes these corny lines, anyway? Whatever, sure makes for great copy. Anyway, this line was delivered by a bright young actor who plays a quarterback in this flick. Naturally, he helps lead his team of misfits to glory here. If you don't know it from this, you're pretty lame!

Answers below.

Answers:
"The Replacements"
Keanu Reeves in

Rocky on Fitness

by Rocky Khosla, M.D.



SCR birthdays

FEBRUARY

- 28 Sandy Messick
29 Robin Dabney-Valdez

MARCH

- 2 Priscilla Portillos
Rand Morris
Andrew Jobe
3 Kathleen Mattarocci
5 Brianna Diaz
8 Kenneth Raich
8 Nancy Martinez
10 Michael Crockenberg
11 Cecilia Johansson
12 Paul L. Koch
Paul Barela
15 Brandy Krow
16 Deirdre M. Schafnitz
17 Jack Selway
18 Laura Clark
J. J. Huie
21 Gabe Cosyleon
25 Laura Schilf
Adam Montoya
Annie Housman
26 Teresa Caprioglio
Marvin L. Bradley
Susan Gebhart



Vigil to speak at convention

Legendary former Adams State College track and field coach Joe Vigil will be the keynote speaker at the annual RRCA convention that will be held May 2-6 in Albuquerque. Vigil will speak at the Awards Banquet on Saturday evening, May 5.



Altitude sickness can affect anyone

So you just got the flyer on this year's Triple Crown races and mentioned it to your buddy who lives in Death Valley, California. He has always wanted to run to Pike's Peak and says he will come out about a couple of days before the race to stay with you. On race day, all is well at the start, but around Barr camp, he is looking peaked and breathing real hard. Also, he starts coughing, and occasionally brings up pink frothy material. What do you do?

The scenario above is a realistic one, and what I would suggest, not knowing anything more about the friend's medical history, is that you should get him to medical attention pronto. The possibilities are that he could be having a heart attack, possible blood clot to the lungs, possible acute altitude illness, or could just be having a bad day!

I thought that the above little trick would be a good springboard for a further discussion on altitude illness. It turns out 20 - 30% of people who come to play in Colorado get altitude illness. Altitude illness includes a whole set of problems that go from being benign and no big deal, such as acute mountain sickness, to being deadly, such as high-altitude pulmonary edema.

Most people who get acute mountain sickness will get this above 8,000 feet, and they usually will get this within 2 to 3 days of getting to altitude. The most common symptoms are feeling tired, having a mild headache and feeling a bit nauseated. For most people, the symptoms will gradually

get better, and nothing needs to be done.

People who start having increasing headaches, shortness of breath even at rest, and coughing may be progressing to something called high-altitude pulmonary edema. This is a condition in which fluid starts to collect in the lungs, and if left untreated, up to 45% of these people die!

The treatment is to get these people on oxygen, and get them to a lower altitude right away.

Also, there are some medicines that can help, but nothing works better than the oxygen and lower altitude.

But how could a runner who is probably in pretty good shape get altitude illness? Isn't this just seen in mostly out-of-shape out of staters. The answer is that people who are in good shape actually are just as likely to get altitude illness as people who are not in shape, but the in-shape people tolerate this better.

Assuming your buddy does okay with oxygen and getting down the hill, what's the chance of him getting altitude illness the next time he comes out to do a trail run in Colorado? The answer is about 66%. He can decrease the chance of this happening again by giving himself a longer period of time to acclimate, and by getting a medicine called acetazolamide (Diamox) before coming up to altitude. He should not take this medicine if he is allergic to sulfa compounds, however.

Here's hoping that you have the best times, both by the clock and by your mind, in this year's races!



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Trail Notes

by Shaun Gogarty



Here's why runners attempt "ultras"

In the not too distant past, there were actually good reasons to struggle on foot across many miles of open country. The main good reason was that there weren't any planes or cars. Surely there was an adventuresome spirit in the people that walked across the plains and crossed the Rocky Mountains in the distant past, but usually there were some other strong motivators like gold, or free land, or avoiding jail. Today, there aren't any "gold rushes" to attend, the only thing free is Willy, and avoiding jail just takes a lot of money and a good lawyer.

The motivators of yesteryear for long treks across countless miles are gone. However, there are people today who travel many miles on foot. They participate in events called ultras – short for ultra distances like 50 or 100 miles. Lately, I have been thinking about this group of people. What motivates them or are they just plain flipping nuts? I really need to know, because I've been thinking about doing a 100-mile race! My list of reasons below is my own treatise on "Am I crazy or just don't like to run too much?"

The first reason is frustration with the psychological factors in our modern lives. Instead of food, clothing and shelter we have to worry about chemical imbalances, alternate lifestyles and non-traditional families. Psychologically speaking, the world in 2001 is a troublesome place with only the very psychologically "fit" people being able to cope. Psychologically "fit" is just like physically fit: there aren't too many people in that elite category.

Accordingly, Prozac is the most commonly prescribed drug on the planet (and that isn't even counting the dogs that take it!). Running is my Prozac. Unfortunately, as a reflection of my own psychological health, I need to be medicated at a rather high dose.

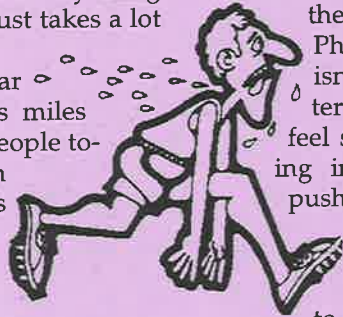
The next reason is the lack of physical struggles in today's society. We sleep in warm beds inside houses that are 70 degrees. We drive in climate-controlled cars to cov-

ered parking. We work in comfortable buildings while sitting in hemorrhoid-resistant, plush chairs. After work, we struggle with a channel changer trying to decide which of 200 programs to watch. The physical challenges are all but gone.

Personally, I like to feel snow in my face. I enjoy having a mountain to climb. And I believe pain is a good thing. Plus, I can't figure out how to solve any of the world's problems – but I can put one foot in front of the other over and over and over. Physical challenges are simple. It isn't a matter of thinking, just a matter of commitment and time before I feel successful. Probably my blundering in the "normal" world is what pushes me to need a more extreme accomplishment in the physical setting.

Finally, lets face it -- I've tried to beat Rich Hadley in the 5Ks and 10Ks only to come in third for the 80-and-over age group. I've tried to win the Prediction Series, only to find my brain time to be about 2 minutes per mile faster than my body time. But I still have longings to be special – and not institutionalized. To be special, you need to do either a common thing (like run a 5K) extremely well, or a very uncommon thing. I realize that to stand out in a 5K takes either some uncommon ability or nudity. I also know that there are too few uncommon things left to accomplish on this planet. So rather than run nude, I've concluded that to be special I will take a very common thing (5K run) and do it an uncommon number of times (32.25 5Ks to be exact).

I hope I haven't bored you with my thoughts, but my therapist said I needed to analyze this goal before proceeding. He hopes that by writing my motives, taking the medication he's prescribed, and with weekly counseling, I will soon drop my plans to do the Wasatch 100 (my wife and mother referred me to him). If things go well, I might even be able to avoid in-patient treatment. Unfortunately, so far it hasn't worked, but the race is still 8 months away.



Training to do your best

Downhill effects

Downhill running pounds the feet, stresses the hamstrings, and overuses the quadricep muscles. Usually, your legs will feel sore for two days after a bout of running downhill. Will shortening your stride length reduce muscle soreness? According to a study by the University of Wales, it won't. Researchers found that there wasn't any change in muscle damage that would affect soreness. However, they did find that people who ran downhill more often were less sore than those who did it infrequently. Your best bet to prepare your legs for a downhill race is to train for it.

– *Runner's World*



Colds

"When you're strapped with a classic head cold - runny nose, sneezing, coughing, congestion - it's safe to run in moderation, and running may even provide you some relief. But if you're feeling sick symptoms below the neck (muscle aches, chills, upset stomach), don't run until they've passed."

– *Adam Bean*

Next SCR Meeting

The next SCR meeting will be held at 7 p.m. Tuesday, March 6, at the Pueblo YMCA in downtown Pueblo. Any SCR member may attend.



Frostbite Five

5-mile race held Feb. 3, 2001 at Pueblo City Park.

Results provided by SCR Data Central.

Overall winners:

Male - Aaron Lopez, 29:23

Female - Connilee Walter, 35:28



Frostbite notes

Record turnout

The Frostbite Five had a record number of participants this year as it returned to the 5-mile distance from the 5K & 10K races that had comprised it in recent years. That along with this being the first local race of the year and the fact that a ton of race flyers were sent out in advance all probably contributed to the fact that there were 130 runners registered and 120 finishers. Since only 86 runners were pre-registered, that means a ton of runners registered on the morning of the race.

New course next year?

Because of the extensive Board of Water Works project along the River Trail system, the Frostbite Five may have a different course next year, heading east instead of west once the runners drop down from the streets of Aberdeen.

Volunteers

Thanks to all of these Frostbite volunteers:

- Ben Valdez - Race Director
- Deb Hadley, Ken Raich, Tiffany Reno, Dave Diaz, Sarah Koch - Finish Line
- Mike Orendorff, Kathy Simpson, Jeff Arnold - Results
- Matt Sherman - Course
- And the YMCA staff for overall support.

Name	Sex	Age	Time	From
1 Lopez, Aaron	M	16	29:23	Pueblo
2 Romero, Gerald	M	29	29:31	Colo Springs
3 Hackler, Andrew	M	33	29:57	Pueblo
4 Hadley, Rich	M	45	31:21	Florence
5 Koch, Mark	M	41	31:51	Pueblo
6 Keller, Jeff	M	29	32:50	Pueblo
7 Green, Scott	M	40	33:08	Wetmore
8 Shute, Ed	M	35	33:11	Cañon City
9 Sherman, Matt	M	28	33:14	Pueblo
10 Olguin, Victor	M	43	35:09	Pueblo
11 Cullison, Doug	M	34	35:25	Pueblo
12 Solie, Pete	M	34	35:27	Colo Springs
13 Walter, Connilee	F	27	35:28	Colo Springs
14 Santoyo, Robert M.	M	38	35:58	Pueblo
15 Hough, Rick	M	36	35:58	Pueblo
16 Baker, David E.	M	43	36:13	Pueblo
17 Law, David C.	M	30	36:16	Florence
18 Valdez, Ben	M	40	36:26	Pueblo
19 Véges, Bill	M	43	36:36	Pueblo
20 Tijerina, Jesse	M	49	36:49	Ft Lupton
21 Anthony, Scott	M	45	36:52	Colo Springs
22 Dennis, Pat	M	40	36:55	Pueblo
23 Hren, Stan	M	59	37:02	Las Animas
24 Chandler, Lewis	M	58	37:06	Salida
25 Doyle, Peter	M	54	37:08	Colo Springs
26 Pugh, Mike	M	52	37:34	Pueblo
27 Jansen, Dan	M	43	37:37	Colo Springs
28 Bettger, Ray	M	39	37:57	Trinidad
29 Hughes, Roy	M	48	38:05	Cañon City
30 Williams, Vicki	F	31	38:09	Colo Springs
31 Ross, Elizabeth	F	24	38:23	Pueblo
32 Fuqua, Tessa	F	34	38:41	Pueblo West
33 Warne, PJ	M	37	39:01	Colo Springs
34 Stringert, Howard	M	45	39:23	Pueblo
35 Normoyle, Dennis	M	57	39:25	Elbert
36 Borton, Mike	M	45	39:34	Pueblo
37 Meier, Kerry R.	M	35	39:40	Pueblo
38 Duncan, Todd	M	27	39:42	Pueblo
39 Hughes, Kendall	M	39	39:57	Cañon City
40 Dallaguardia, Desiree	F	14	40:08	Colorado City
41 Weaver, Allen S.	M	47	40:11	Cañon City
42 Smith, Rusty	M	33	40:18	Pueblo West
43 Brown, Paul	M	49	40:19	Wetmore
44 Van Buskirk, Brad	M	39	40:35	Pueblo
45 Kinzy, Carol Ann	F	53	40:43	Pueblo
46 Hund, Henry	M	59	40:52	Pueblo
47 Reid, Michael L.	M	32	40:56	Pueblo
48 Ebersohl, Jenine	F	51	41:07	Colo Springs
49 Faoro, Butch	M	34	41:17	Penrose
50 Bryan, Sean	M	41	41:20	Colo Springs
51 Kurtz, Kelly	F	34	41:24	Colo Springs
52 Falat, Richard	M	42	41:24	Colo Springs
53 Rose, Phil	M	63	41:28	Colo Springs
54 Lopez, Diane	F	42	41:44	Pueblo
55 Rink, Jack	M	46	42:07	Pueblo
56 Hale, Kelly	F	33	42:08	Rye
57 Wyatt, Joe	M	45	42:09	Colo Springs
58 Stevens, Daryll	F	49	42:09	Colo Springs
59 Maes, Kelly	F	37	42:16	Trinidad
60 Fox, Teri	F	27	42:22	Pueblo West
61 Bradbury, Brandt	M	37	42:53	Cañon City
62 Fieth, Steven	M	38	42:53	Cañon City
63 Fieth, Andy	M	36	42:54	Cañon City
64 Ulett, John D.	M	14	43:08	Pueblo
65 Olsen, James	M	51	43:13	Colo Springs
66 Caudill, Tim	M	40	43:15	Florence
67 Kemman, Jerry	M	58	43:22	Salida
68 Barron, Kay	F	35	43:26	Florence
69 Dallaguardia, Paul	M	42	43:32	Colorado City
70 Hadley, Barbara	F	47	43:39	Rye
71 Anderson, Melanie	F	27	43:56	Colo Springs
72 Ebersohl, Bill	M	47	44:11	Colo Springs
73 Terry, Benny	M	48	44:16	Colo Springs
74 Radner, Hannah	F	10	44:25	Pueblo
75 Cole, Donna	F	43	44:30	Salida
76 Van Buskirk, Brian	M	25	44:37	Golden
77 Olson, Michelle L.	F	31	44:39	Pueblo
78 Hruby, Stephen	M	12	44:45	Rye
79 Hruby, Kathy	F	37	44:45	Rye
80 Parmeter, Sonja	F	32	45:03	Salida
81 Walters, J D	M	42	45:05	Pueblo West
82 Mutz, Nathan	M	22	45:21	Pueblo
83 Archuleta, Mike	M	40	45:42	Pueblo
84 Quintana, Jessie	F	57	45:49	Pueblo
85 McClusky, Jaclyn	F	21	45:53	Pueblo
86 Van Buskirk, Bill	M	65	46:06	Lamar
87 Williams, Mark K	M	32	46:12	Cañon City
88 Whitney, Wayne	M	62	46:19	Pueblo West
89 Andrews, Susan	F	50	46:20	Evergreen
90 Honeycutt, Marisa	F	23	46:21	Colo Springs
91 Bellino, Nick	M	33	46:31	Florence
92 McCarthy, Peter	M	47	46:32	Pueblo
93 Bronken, Rich	M	37	46:52	Pueblo West
94 Craig, Gail	F	43	47:42	Colo Springs
95 Dimatteo, Margaret	F	23	47:56	Rye
96 Johnson, Diana L	F	50	47:59	Pueblo
97 Rapp, Tim	M	41	48:23	Colo Springs
98 Willumstad, Paul	M	51	49:33	Pueblo
99 Beicker, Sherry	F	29	49:35	Cañon City
100 Green, Laura	F	40	49:36	Wetmore
101 Dallaguardia, Susan	F	42	49:44	Colorado City
102 Spencer, Kathy	F	50	49:49	Pueblo West
103 Rapp, Melanie	F	33	49:57	Colo Springs
104 Buckley, Tamme	F	39	50:03	Colo Springs
105 Ammeter, Cheryl	F	37	50:10	Rye
106 Nicholas-Griesel, Donna	F	54	50:27	Coaldale
107 Abel, Kathy	F	40	50:40	Pueblo
108 Reno, Diana	F	38	50:44	Pueblo
109 Richter, Nathan	M	26	50:50	Denver
110 Johnson, Will	M	52	51:01	Pueblo
111 Cosyleon, Jess	M	54	51:58	Pueblo West
112 Quattlebaum, Philip	M	48	52:29	Penrose
113 Buckley, Garry	M	59	53:09	Divide
114 Arteaga, Louis	M	51	54:02	Pueblo
115 Eggleston, Ellen	F	43	54:33	Denver
116 Massie, Peggy	F	43	55:53	Cañon City
117 Sather-Stringari, Deborah	F	39	55:53	Cañon City
118 Alfonso, George	M	50	56:51	Pueblo West
119 Pittenger, Sara	F	37	57:04	Colo Springs
120 Ulett, Kate	F	43	57:36	Pueblo

Las Vegas Marathon & Half-Marathon

Ah, Las Vegas. What a great place to get in some running. And while there, shoot, we might as well play a little Blackjack. And chow down at Z Tejas. And take in Siegfried and Roy. And ... well, you get the picture.

So did many runners with Pueblo ties earlier this month when they trekked to Nevada for the Las Vegas International Marathon and Half-Marathon. Some ran the full marathon, some the half, some were on a sterling relay, and a few (Misti Frey, Stella Heffron and Marijane Martinez) even did the 5K the previous day.

Congrats to Puebloans Joe Stommel (3:43) and Gerald Puls (5:45) and Cañon City's Julie Marshall (4:01) for their marathons, and to Puebloans Lorraine Hoyle (1:40) and Kathy Stommel (2:23) for finishing the half-marathon.



Stella Heffron turns on the afterburners to complete her 6.2-mile final leg for the Colorado Gold Dust women's relay team at the Las Vegas International Marathon and Half-Marathon earlier this month.

Photos by Gary Franchi

Bolder Boulder forms are out

This may be February, but the entry forms for the Bolder Boulder are out already. It's true. I saw them at the Pueblo YMCA. At first I thought they were the 2000 forms, but I know they could never last there that long since some youngsters invariably take it upon themselves to throw out all the stuff on the display rack there at least a couple of times a year just for kicks. Great kids! The Bolder, in case you've been asleep for 23 years, is held each year on Memorial Day. It's truly a memorable event.

Especially when it's not 40 degrees and rainy. Anyway, the ante-up rate for the Bolder is \$26 for the race and T-shirt package and \$17 with no T-shirt.

If you want a FREE T-shirt, you can get one by being a race volunteer.

New Stuff

This year, qualifying times will be required for runners with predicted times under 1 hour.

Also, you can pre-purchase hot dog coupons and redeem them with your post-race snack bag. Cool! I'll have mine with chili & onions.

There also is a Clydesdale Team Division this year.

Side note

By the way, bringing little red wagons in the race is prohibited. Thought you'd want to know that.



In the Bucks

Pocketing a few bucks for nabbing third place with a time of 3:13 was the Colorado Gold Dust team of (from left) Marijane Martinez of Pueblo, Stacy Biernacki of Boca Raton, Florida; Amanda Franchi of Las Vegas; and Stella Heffron of Elizabeth, CO.

Valentine's Twosome

2001 Valentine's Twosome
5K Relay held February 11 at City Park in Pueblo.

Grp Names	Ages	Combined	Comb. Times
1 O Trish Ferguson & Kyle Reno	60		20:42
2 1 Stacey & Dave Diaz	92		21:06
3 1 Stephanie & Mike Pugh	70		21:35
4 2 Misty & Jim Sterk	69		22:56
5 1 Rich & Deb Hadley	89		23:08
6 1 Kelli & Wayne Gordon	77		24:14
7 2 Paul & Susan Dallaguardia	84		25:10
8 2 Diana & Chief Reno	77		25:52
9 3 Carla Braddy & John Freyta	66		26:21
10 3 George Alfonso & Teri Fox	77		26:32
11 1 Tom & Sandra McKenna	113		29:09
12 1 Nick & Ashley Bellino	39		30:43
13 2 Gerald & Laura Puls	88		31:15

14 1 T.J. & Katie Puls	56	42:01
15 2 Ted & Kristy Pul	53	42:02
16 1 Michael & Megan Kraemer	17	43:36

Baton Contest

- Largest - Carla Braddy & John Freyta
- Ugliest - Paul & Susan Dallaguardia
- Most Romantic - Stephanie & Mike Pugh
- Most Creative - Gerald & Laura Puls

Volunteer Support

We'd like to thank the volunteers who helped to make this race possible:

- Jeff Arnold - Race Director
- Tiffany Reno, Pat Berndt, Aaron Berndt, Ken Raich - Finish Line
- Gary Franchi - Photographer
- Dave Diaz - Equipment
- Shelley Riddock, Ruth McDonald - Registration



2001 Ride the Rockies

It may be 30 degrees outside and snowing as you read this but some feels people are thinking about this summer's Ride the Rockies, which will be held June 17-22 from Crested Butte to Boulder. The total distance will be 432 miles this year, and 2,000 cyclists will be accepted via lottery. The entry fee this year is \$235, and entries must be received by Feb. 23, which is right about the time you are receiving this. Registration forms are being published occasionally in *The Denver Post*, and you can get more information by calling (303) 820-1338 or visiting its web site at ridetherockies.com. About 4,000 entries are received each year.

Marathon Men

Congrats are extended to marathon-a-month man Marv Bradley and his sidekick Sam McClure for completing a marathon in Jackson, Mississippi earlier this month. Sam finished despite running with a foot injury. Marv's next adventure will be a 50K trail run in Birmingham, Alabama. Upcoming is a 100-miler in Raleigh, North Carolina during the first week of April.

Awards Banquet

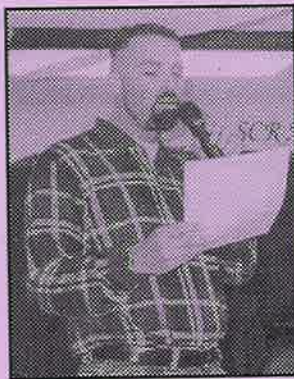
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dent during the past year.

The big kahuna award – Most Valuable Club Member – this year goes to Ken Raich, who does more things for the club than anyone can imagine. Ken is our webmaster, took on the membership chair role in the middle of the year, runs the Prediction Race Series, and gets all the results and other items posted to the SCR web site faster than lickety-split.

He also has done some special postcard mailings during the year that notifies the membership of upcoming events like the picnic, banquet, etc. On a personal note, Ken does little things for me like getting me updated SCR birthday lists and non-deliniated files of the results, which saves me the time of having to re-tab the race results. Only he can truly understand how much time that saves me.

Major performance awards were next.

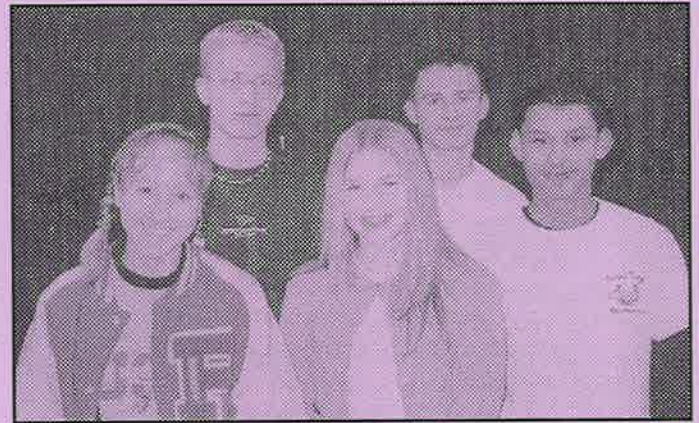


Club Prez Matt Sherman served as emcee for the SCR Awards Banquet.

years have elapsed.

Anyway, the Youth Runner of the Year is Aaron Lopez, who runs for Pueblo South High School. Aaron had an outstanding cross country season in the fall and raced well all year. To gauge his improvement, just go back and check his times from 1999 to 2000 in various road races. Other nominees for this award were Crystal Berndt (of Rye) and Tiffany Reno of Pueblo County High, Shawn Borton and Jenna Dorsey-Spitz of South, and Eric Ure of Pueblo West High.

The Male Runner of the Year is Paul Koch, a Colorado Springs resident, SCR member and brother of Pueblo's Mark Koch, who is a previous winner of the award. Paul often ap-



Young & Talented

These are the kids that were nominated for the Youth Runner of the Year award for 2000. From left are Tiffany Reno, Shawn Borton, Crystal Berndt, Eric Ure and Aaron Lopez. Nominee not pictured is Jenna Dorsey-Spitz.

Photos by Gary Franchi

pears to a machine-like runner, always finishing among the overall leaders and seemingly doing better the longer the distance. He's been doing this for years, too.

The Female Runner of the Year is Diana Reno, mother of Tiffany and Kyle (last year's top Youth Runner). Diana caught the racing fever very seriously in 2000, traveling to races all over the globe and watching her times come down in the process. She truly appears to take pleasure in the sheer joy of running and racing.

Other award winners were Dave Diaz – the Dirty Sock Award for tremendous contributions to the club behind the scenes; Deb and Rich Hadley – the Packard Friendship Award for overall contributions to the goodwill or running; and Rich – for being the champion of the 2000 Prediction Race Series by a wide margin. Also, your beloved editor was given a special award – a nifty 2-in-1 briefcase to transport his mounds of SCR information – for his 16 years of service to the club as its newsletter editor.

While we voted for new officers, the need to name them seemed to escape the memory of everyone, including Mr. Emcee. But the 2001 SCR officers are Matt Sherman, President; Jeff Arnold, Vice President; Diana Reno, Secretary; and Dave Diaz, Treasurer.

Many thanks to the banquet committee of Deb and Rich Hadley, Jessie Quintana, Matt Sherman and Misti Frey for putting together a very special night for all of us. An additional thanks to Jessie for arranging for us to have use of the excellent, roomy church hall facility.

2001 Racing Calendar



Pueblo County - Canon City corridor

March

- 4 Sun 9:00AM **Spring Runoff, 5K, 10K, 10M & 2M walk** Dutch Clark Stadium
Also: 50-yard Toddlers Race (719) 547-2777
- 18 Sun 9:00AM **Ben & Matt's Trail Mix, 6.3M** Nature Center (719) 543-5151

April

- 7 Sat 8:00AM **Ramsgate 8, 8K** Belmont area (719) 544-9633
- 22 Sun 9:00AM **Y-Bi Classic Duathlon** Pueblo West (719) 543-5151

May

- 19 Sat 7:00AM **Ordinary Mortals – females** Pueblo West (719) 543-5151
525-yard swim, 13-mile bike, 5K run
- 20 Sun 7:00AM **Ordinary Mortals – males** Pueblo West (719) 543-5151
525-yard swim, 13-mile bike, 5K run

Other somewhat nearby areas

February

- 24 Sat **Winter Series IV, 10K & 20K**Black Forest (719) 598-2953

March

- 17 Sat **St. Patrick's Day 5K** Old Colorado City (719) 635-8803

April

- 14 Sat **Tortoise & Hare, 5K** S. Monument Valley Pk, CS (719) 574-9273
- 28 Sat **Elbert Reflections, 5K & 10K** Elbert (719) 590-7086

May

- 5 Sat **Races in the Garden, 5K & 5M** Garden of the Gods, CS (719) 635-8803
- 12 Sat **Panoramic River Run, 1M & 4M** Bear Creek Park, CO Springs (719) 598-2953
- 19 Sat **Armed Forces Day Run, 10K** Fort Carson (719) 550-4618

Regional Marathons (& others of interest)

- March**
 - 4 Napa Valley – Napa, CA (707) 255-2609
 - 4 Los Angeles (310) 444-5544
- April**
 - 16 Boston (Mass.) (508) 435-6905
 - 28 Country Music – Nashville, TN (615) 742-1660
 - 29 Big Sur – Carmel, CA (831) 625-6226
 - 29 Oklahoma City Memorial – Oklahoma (405) 525-4242
- May**
 - 6 Lincoln – Nebraska (402) 435-3504
 - 6 Avenue of the Giants – Bayside, Calif. ()
 - 26 Andy Payne Bunion Run – Oklahoma City .. (405) 236-2800
 - 27 Wyoming (307) 635-3316
 - 27 Coeur d'Alene – Idaho (208) 665-9393
- June**
 - 3 Rock 'N' Roll – San Diego, CA (858) 450-6510
 - 3 Taos, NM (505) 776-1860
 - 6 Steamboat – Steamboat Springs (970) 879-0880
 - 9 Storm Lake to Marathon – Iowa (712) 289-2246
 - 16 Grandma's – Duluth, Minn. (218) 727-0947



Spring Runoff Tuneup Prediction Race

10K Prediction Race held Feb. 18 at City Park in Pueblo.
Results provided by Ken Raich.

Name	Predict	Actual	Variance	Points
1, Ben Valdez	44:45	45:00	0:15	100.00
2, Rich Hadley	41:30	40:34	0:56	91.67
3, Matt Sherman	43:00	41:58	1:02	83.33
4, Marijane Marintez	51:00	52:10	1:10	75.00
5, Jim Robinson	43:00	41:41	1:19	66.67
6, Bill Veges	48:00	49:25	1:25	58.33
7, Karl Tameler	47:00	48:40	1:40	50.00
8, Mike Push	43:00	44:52	1:52	41.67
9, Robert Santoyo	41:28	43:52	2:24	33.33
10, Stacey Diaz	52:00	55:16	3:16	25.00
11, Paul Dallaguardia	53:40	57:01	3:21	16.67
12, Dave Diaz	48:00	44:08	3:52	8.00



Some known 2001 races

- March 11**
Runnin' of the Green – Denver
- April 29**
Cherry Creek Sneak
- May 28**
Bolder Boulder
- June 2**
YMCA Largest Race – Pueblo
- June 9**
Cañon City River Run
- June 10**
Garden of the Gods 10M
- June 16**
Sailin' Shoes
- June 23**
Flameout Four
- July 1**
Women's Distance Festival – Pueblo
- July 8**
Summer Roundup Trail Run – CS
- July 14**
Run for Hope 5K – CO Springs
- July 28**
Classic 10K in CS
- August 18**
Pikes Peak Ascent
- August 18**
Pikes Peak Marathon



Get your out-of-town race results to "Footprints" Editor Gary Franchi at:
e-mail to: GFranchi@fone.net • or Call (719) 676-4100 • Mail to P.O. Box 19910, Colorado City, CO 81019

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

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**If you move,
let us know!**

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.



Stats that rule

- Diabetes increased 33% in the U.S. between 1990 and 1998. – *Center for Disease Control and Prevention*
- There were 24 sub-2:20 finishers and 7 sub-2:15 finishers in the '96 Men's Olympic Marathon Trials compared to 9 sub-2:20s and 0 sub-2:15s in 2000. – *Running Times*
- Kenyans ran 25 of the top 50 marathons in '99. – *Running Times*
- In a random survey of Kenyan runners, 102.3% said running sure beats the heck out of reading "Footprints." – *Pollsters Unlimited*

Racing info. worth quickly forgetting

by the Editor

Spring Runoff

How refreshing to have this event in a new location with new courses, new logo, etc.! Remember now, all races – the 2-miler, 5K, 10K and 10-miler – will start at the same time this year. The gun will go off at 9 a.m. on Sunday, March 4. The location, in case you have been living on Mars the past couple of months, is Dutch Clark Stadium. The start will be in the parking lot and the finish down in the stadium.

Registration forms are available all over the world and should be included in your newsletter as well. Plus, if you're a tekkie, you can register online at either the SCR web site (www.socorunners.org/) or at the Chieftain site (www.pueblochieftain.com) or at www.active.com.

You also can register by 8:30 a.m. the day of the race, but you'll have to pony up \$25.

Prediction Race Series

As you read this, the initial **Prediction Race Series** – the Spring Runoff Tuneup – is history. But there are two more Prediction races coming up fast – Ben & Matt's Trail Mix, moved to Sunday, March 18, and the

Ramsgate 8 on Saturday, April 7.

The Trail Mix starts at 9 a.m. at the Nature Center and goes up on the bluff above. It's about 6.3 miles unless the race coordinators decide to use a longer course.

The Ramsgate 8 is an 8K race starting and finishing at 8 Ramsgate at the home of Lois and Don Pfof. This also is a potluck brunch, with all participants asked to bring a breakfast item that can be shared with the group.

These are both good low-key events with enjoyable race courses.

Miscellaneous racing notes

- As of Feb. 10, the **Pikes Peak Ascent** on Aug. 18 was 34% filled and the **Pikes Peak Marathon** the following day was 36% filled.

- Looks like the **Royal Gorge 10K**, which was to be brought back this year on June 24, is off again because of sponsorship reasons.

- Note that the final race distances in the 4-race **Winter Series** up north are 10K for the short series and 20K for the long series. I think I had them as a 5K and 10K in last month's issue.

- With Tim and Rita Vigil having moved to Santa Fe for job reasons, we are needing a race director for the **Cinco de Mayo 10K**. Please contact an officer if you're interested.