

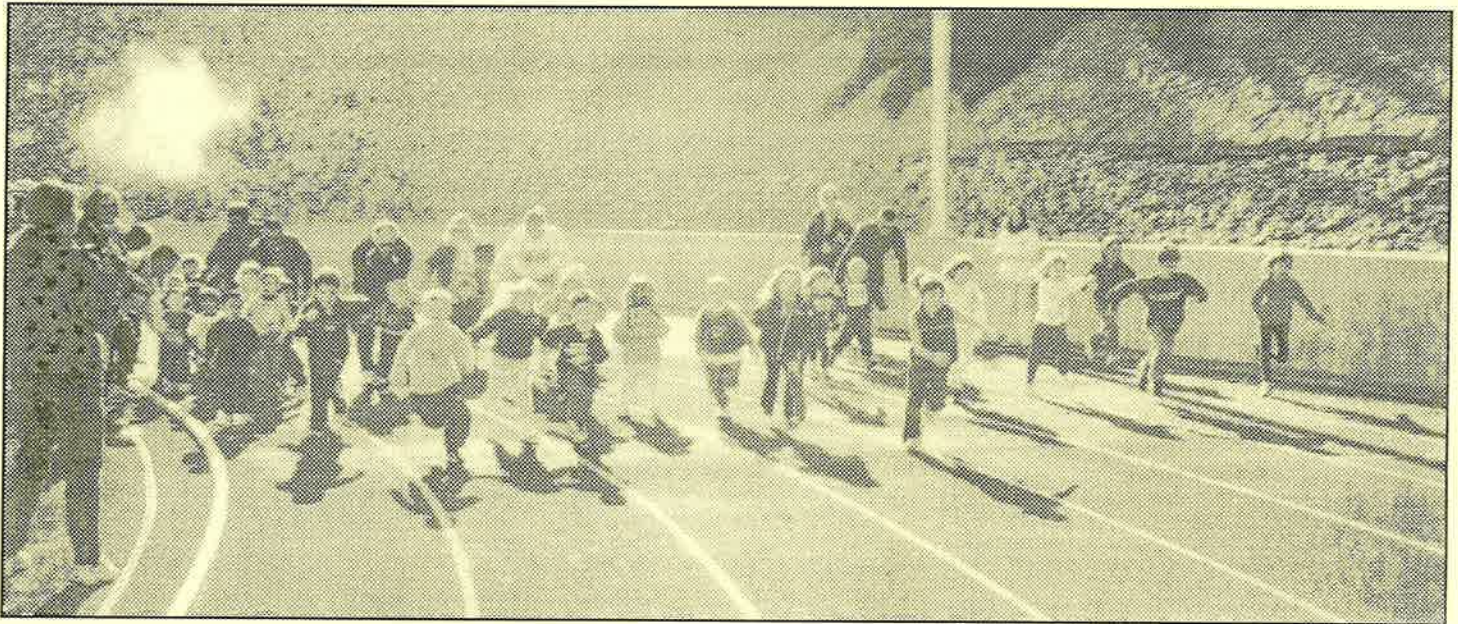


EDITOR: Gary Franchi

FOOTPRINTS

The litter of the pack

♣ March 2001 edition straight out of Animal House



The contingent of kids 6 years old and under blast off with the smoke of the starter's pistol in the Runoff's Toddler Race.



Terry Cathcart did a bangup job in his first year as Runoff Race Director.

Close to 500 runners & walkers flock to Spring Runoff at new site

After 23 years, this probably was the *best* Spring Runoff. A beautiful day. Fantastic new courses. And finishing inside Dutch Clark Stadium – what a trip for the runners and walkers. And spectators, for that matter.

The Runoff drew a total of 497 registered runners, 415 of whom were pre-registered. If my math is correct – and this is real iffy – that means there were 82 registrants on race day. Wow! But while the registration lines were quite lengthy, it was mostly because so many pre-registered racers showed up so late to pick up their packets on race day.

While the organizational team had many spokes, new Race Director Terry Cathcart was the main wheel. It was a great inaugural year. Hope he got a chance to see his kids win the 5K (Brian) and take second overall in the 10K (Steve).

There's all kinds of Spring Runoff stuff inside this edition. It all begins on Page 6.





Buddy sez:

"I've heard through the grapevine that the Gold Dust Saloon is the watering hole of choice of many SCR members. Being a squirrel, I don't really know what this means. However, I still think this would be a cool place to visit. Ya know why? Because I heard some folks say that they've got lots and lots of peanuts there. Yummy! I love peanuts. Where I live, in the area around Pueblo Community College, there's this guy that comes around and feeds me peanuts all the time. He's pretty cool! Anyway, I hope you'll visit the Gold Dust sometime. I hear they've got SCR membership forms, race entry forms and the best hamburgers and fries in Pueblo. Yummy! I bet I'd like those, too. See you all next 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

Club Notes

Youth is served by the Southern Colorado Runners

If my memory is correct, and that's about a 50-50 chance, I mentioned last month that the SCR donated \$300 to send over 20 Pueblo kids to compete in the Simplot Games in Idaho last month. Good cause! Unfortunately, that depleted our Youth Fund, which is used to send area youths to regional and national running events.

To help rebuild the Youth Fund, the SCR voted at its March meeting to put all of the proceeds from the Valentine's Twosome – a tidy \$89.50 – into this fund. Also, as is club policy on races it produces, the SCR will divert 5% of the profits from the Spring Runoff into the Youth Fund. With a nice profit expected from that, this could be a nice chunk of change.

Membership cards

Thanks to Membership Chair Ken Raich, you should be receiving new SCR membership cards for 2001 around this time. These can be used to help fill up your wallet or purse and give you something to look at while in the waiting room at the doctor's office. Oh, and you also can use them to get discounts at Athlete's Foot in Eagleridge, Runner's Roost stores all over, and at the Boulder Running Company and Colorado Running stores in the Springs. And you may be asked to show this card at the registration table for local races in order to get the club member discount.

For the soul ...

"I run for enjoyment, self-satisfaction, fellowship, and because it's one of the few things I can do over which I have total control." – Dave Wills

SCR Picnic set for June 17 at park in Colorado City

Keep your calendars free on Sunday, June 17. That's the date of the annual SCR Picnic, which once again will be held at Greenhorn Meadows Park in Colorado City. The park has lots of facilities for fun and games. There is no race in Pueblo or Colorado Springs that day (the Sailin' Shoes 5K & 10K are scheduled for the day before). I'll have more on this as the event draws near.

Torch Run to aid Special Olympics

The annual Torch Run to benefit the Special Olympics will be held on Saturday, May 26, with SCR members joining a larger contingent of runners from the Pueblo Convention Center to the Red Lobster restaurant. The SCR will pay the \$15 entry fee (includes a T-shirt) for the first five members of our club who contact an officer about representing the SCR in this event.



It's the season to spring into the Gold Dust for an ice-cold draught beer.

About the Editorial consultant – Sharon Ackles was the race director for the 2000 Hawaii Ironman.



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. 234

"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, Sharon Ackles (*)	
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 try your best not to fall asleep.

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.



Great (& so-so) Stuff

by Gary Franchi



Keeping your sanity when the bug bites

Thought for today's lunch, compliments of George Orwell: "At the age of 50, every man has the face he deserves."

Musings on running, fitness, life, etc.:

I'll be happy – well, happier anyway – if I never see another magazine article that tells about the benefits of cross-training when injured. Are they trying to be entertaining? Or just obnoxious? Or both?

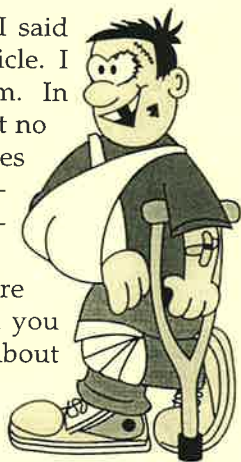
(Vote for one.)

Actually, you notice I said "see" another such article. I don't really read them. In fact, I have a theory that no one ever reads articles that tell you to cross-train when you're injured.

Think about it. If you're not injured, why would you want to read an article about cross-training when injured? And if you ARE injured, just reading the headline over such a story is enough to bring up your recent meal.

Anyway, having been injured for parts of the past three years, I think I'm at least as qualified as anyone else to talk about how you REALLY can survive when you're injured. So let me share a few of my insights. Hence, when an injury keeps you from running:

1. Never read – or even pick up – a running magazine. It's too depressing.
2. Never look at a Gart Sports sales ad in the newspaper. It'll just make you want a new pair of running shoes that you won't be able to wear.
3. Convince yourself that the Boulder Boulder has been discontinued.
4. Enjoy your extra free time by reading some of those books you haven't been able to get to.
5. Think of all the money you're saving on race entry fees.
6. Build an addition to your home.
7. Be thankful there are indoor LifeCycle bikes, swimming pools and weights.



8. This is a good time to take a sabbatical and do some world traveling.
9. When with runners, try to steer the conversation around to non-running topics. Otherwise, it'll just be too depressing.
10. And most of all, keep telling yourself that your body needed a good, long break from running anyway.

Oh, and this might be a good time to finally take your old stack of running magazines to the recycling center.

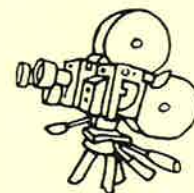
Ten things I was just wondering:

- Why do shoe warehouses listed in the classified section of running magazines make you call for some shoe prices?
- If the Rolling Stones and Styx rock bands ever go on tour together, will they call it the "Styx and Stones Tour?"
- Whatever happened to the Parkview 5K race that was going to be held last year, first in the spring and then in the fall?
- Why is the term "true professional" used? Is there such a thing as a "false professional?"
- Has anyone ever gotten through the entire "Eyes Wide Shut" movie?
- On snow days, how would you like to be considered "non-essential personnel" in the snow-closure media reports?
- In newspaper marathon stories, why do they only write about the overall winners? Aren't there more interesting people and "down-to-our-level" runners to write about?
- On average, what percentage of the people at a rock concert do you think are on drugs?
- Is there a race in the Grand Canyon? And why isn't Grand Canyon called the "Grand Cañon?"
- Is it just me or is anyone else afraid to try the Pupu Platter at the Tian Jin restaurant in Pueblo?

Till next month, may you be able to escape the injury bug. Or at least keep your sanity if the bug does bite you.

Ultimate in idiocy item of the month

You've read all the stats about how kids in the U.S. are getting fatter. That's old news. But the parties responsible for this month's *Lights are Dim Award* are school districts across the country who, despite the stats on kids' obesity, are decreasing their physical activity programs and de-emphasizing sports teams. For shame!



Movie Line of the month:

"She should be living on Neptune. She's an extraterrestrial, a ghost, a myth. Not a person in a phone book."

Sort of a cute little movie starring an actor who usually uses a deadpan style. He starred in "Better Off Dead" a few years back. His sister is an actress. In this one, he owns a record store. It hasn't been out on video very long.

Answers below.

John Cusack in "High Fidelity"
Answers:



SCR birthdays

MARCH

- 25 Laura Schilf
- Adam Montoya
- Annie Housman
- 26 Teresa Caprioglio
- Marvin L. Bradley
- Susan Gebhart

APRIL

- 2 Timothy N. Vigil
- Jessica Gogarty
- 3 Tanya M. Dreiling
- Sarah Koch
- 4 Gene Arellano
- 5 Greg Roberts
- Cory Finley
- 7 Gerald E. Puls
- 8 Rita M. Vigil
- Elizabeth Perkins
- Gwynna Fedde
- 9 Jessie Paul Weaver
- 10 Linda Kelly
- Gil Romero
- 11 LaShele M. Warren
- Brad Van Buskirk
- 13 Joe Farra
- 14 Traci Dworshak
- 17 Mae Nezvensky
- Robert M. Santoyo
- Danielle Perkins
- Gloria Farley
- 18 Charity Krow
- 19 Ted Puls
- 21 Beverly J. Kochevar
- 24 Jon Hook
- 25 Mark Rickman

Little-known fact

The Mesa Monument Striders running club has a board member who is in charge of trash pickup. I wonder: How does one get selected for such a prestigious position over the scores of interested club members?



Rocky on Fitness

by Rocky Khosla, M.D.



Here's the lowdown on knee injuries

I have had the weirdest luck with the Spring Runoff over the last two years, and I would like to rename it Rocky's Part-is-Parts Run! Let me explain:

Last year I developed gall stones and had my gallbladder removed about a week before the race, and this year I lost the ACL in my right knee a week before the race. I am almost dreading next year's race, wondering what body part will be gone by then (easy with the bad jokes!).

With this latest injury, I thought it might be a good idea to talk about knee injuries, specifically injuries to the major ligaments. The anterior cruciate ligament (ACL) is the major stabilizing ligament that prevents the femur from moving forward on the tibia, and most tears of the ACL are from excessive forces generated when the top of the leg is pushed inward and the bottom of the leg turns outward.

In my case, I was skiing on a mogul run called Longhorn, and as I went around a mogul with my weight on the inside edge of my right ski, I felt a sudden pop and sharp pain. Interestingly enough, I didn't fall, but when I tried to turn to my left, my leg would give way. An MRI done 3 days later showed a

complete tear of the ACL.

The other major ligament in the knee is the posterior cruciate ligament (PCL), and it prevents the top of the leg from going too far back on the lower part of the leg. Interestingly enough, the most common way to tear the PCL is by falling from a bike with the leg flexed.

The other ligaments of the knee are the lateral collateral ligament and the medial collateral ligament, and these provide support so that the knee doesn't open when force is applied to either the outside or inside of the knee.

Finally, there are two C-shaped pieces of cartilage that serve as shock absorbers and also produce fluid that lubricates the knee, and these are called the menisci. Often injury to these leads to locking or giving way of the knee.

For most active patients with a torn ACL, reconstruction is recommended, and that's what I will be having done in the next 6 weeks. I will keep you posted, but I expect to be back to mogul mashing in no time flat.

Till the next time, enjoy our beautiful spring time in the Rockies, and try to hang on to all of your parts!



A torn ACL couldn't keep Dr. Rocky Khosla from recording a 47:55 time in the 10K.

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Trail Notes

by Shaun Gogarty



Seeing the light about running at night

When you don't have a clue what you are doing, it often helps to seek some instruction. In my case – wanting to run a 100-mile race – my only “clue” is that it is a pretty long run. However, I thought I would break from my usual “Christmas Eve Syndrome” mentality (i.e. get out the instructions after you've botched up the assembly) and actually get some help before September.

Accordingly, I have been reading some interesting suggestions about the big run. One of those was to get used to running at night. Seems like an obvious concept, but one I hadn't given much thought – just figured it would be light out, like other races I've done. Oh yeah, I guess I'll be running for a while longer than usual.

To get used to night running, I've done some of my regular runs after dark (does this qualify for the “Lights are Dim Award?”). That isn't too hard to schedule since I work 12-hour shifts and it's winter time. It does add a new dimension and some new challenges to my running. The first challenge is seeing, or I guess not seeing, at night. A full moon is great but only occurs monthly, and I figured I might need to run more than 8 times before the big one.

So I started looking at different ways to run in the dark – and I don't mean intellectually. What I've learned might help others who have odd schedules, a propensity to melanoma or just a general lack of common sense and might be considering a long race.

Flashlights, headlamps, or braving the dark, what is the best way in the night? I started with the headlamp. It seemed like a great hands-free kind of gadget and it was definitely bright enough. My grandfather once worked in a coal mine. I would think of him as I slogged along with walls of darkness rather than rock rising around me. The headlamp formed a small tunnel of activity in front of me.

But the lamp was problematic. When running, I had to hold my head still and very upright. It was tough to run with my body bouncing around and my head held rigid.

But if I didn't, I would get motion sickness from the light movement while getting beat on the nose as the light slipped down my forehead. Headlamps are probably great for miners with picks and shovels, but they don't seem to be the best for runners.

The flashlight was my next experiment. The one-handedness was a little bit of an issue as the tendency is to go off in the direction/side of the light. But by switching hands frequently I could pretty well keep from going too far right or left. My route looked like I was a staggering drunk, but I counted it as extra miles.

The downside of flashlights is that young children love them. Every time I would run with a flashlight, I'd get a couple of miles down a dark road with no streetlights and then the “new” batteries died. To get back to the house I would have to resort to my “bumper car” technique. The technique is simple. Basically, if an object hits you in the knee or higher, you are off the road – so change direction. It is a little rough on the body, but at my running speeds the impacts are minimal.

Actually, running at night without a light turns out to be a great way to run. Maybe now is the time for one of those “Runner is a professional stupid-man – Do not attempt this at home” disclaimers. At first it was pretty scary, especially considering my son now has a driver's license. But if you know the route, you can pretty much avoid bone injuries and just mess up ligaments and tendons.

The dark does offer some great advantages. Often the wind has calmed, there is less traffic and the starry night sky is just plain beautiful. The darkness also allows me a chance to give the neighbor's dog Fido an extra-special “hello” with my foot. If nothing else, running in the dark will completely convince your neighbors that you are crazy – and they won't bother you anymore.

If you choose to run at night sans light, there are a few other safety issues. First, stay



Training to do your best

Benefits of rest

Without rest, even the most perfect workouts will not produce a training effect. If you take a day off from running after a stressful speed workout or long run, most of the damage your body incurred will be repaired in 48 hours. Everyday runners who develop tired legs can usually recover – and even increase weekly mileage – by simply running every other day. –

Jeff Galloway

Winter Series

Several area and/or SCR members did quite well in the snowy, icy and coldish 4-race Winter Series that concluded last month.

In the **short series**, placing in their age divisions were Woody Noleen of Colorado Springs, 1st; Marijane Martinez, 2nd; Diane Lopez, 2nd; and Laura Schilf, 3rd.

In the **long division**, high overall finishers were Laura Landes (1st), Mark Koch (4th), Jane Gebhart (5th), Matt Sherman (15th), and Carol Lyndell (8th).

In their age divisions, Koch was 1st, Liz Ross was 1st, Susan Gebhart 1st, Lyndell 1st, Jane Gebhart 1st, and Victor Olguin 3rd.



Continued on Page 6

Next SCR Meeting

The next SCR meeting will be held at 7 p.m. Tuesday, April 3, at the Pueblo YMCA in downtown Pueblo. Any SCR member may attend.

Spring Runoff - 2-mile Walk

Race held March 4, 2001 at Dutch Clark Stadium.

Results provided by Mike Orendorff and Ken Raich.

Overall winners:

Female - Jamie Bonney, 22:40

Male - Thomas Roukema, 23:56



Overall Winner

Jamie Bonney, 35, was the first finisher in the 2-mile walk with a time of 22:40.

Notes from the Spring Runoff

By the numbers

The Spring Runoff had a total of 496 registered runners, 415 of whom were pre-registered.

The race with the largest number of finishers was the 5K with 188. Next was the 10K with 128 finishers. The 2-mile walk had 71 finishers and the 10-mile run had 82.

Entry forms to the race were distributed to 16 different stores outside of the Pueblo area.

New 5K course?

Look for the 5K to be altered somewhat near the turnaround next year to eliminate having the 5K runners going head-on against the rest of the field.



Sydney Arnold holds off Bob Quintana while winning the 50-59 walking division.

Div.	Name	Sex	Age	Time	City
1	1 Bonney, Jamie	F	35	22:40	Pueblo, CO
2	1 Martinez, Michaela	F	11	22:43	Pueblo, CO
3	1 Roukema, Thomas	M	17	23:56	Pueblo, CO
4	1 Roukema, James E.	M	48	23:57	Pueblo, CO
5	1 Martinez, Briane	F	6	24:16	Pueblo, CO
6	1 Martinez, Datha	F	40	24:20	Pueblo, CO
7	1 Arnold, Sidney	M	56	25:29	Pueblo, CO
8	2 Quintana, Robert J.	M	58	25:30	Pueblo, CO
9	1 Slavin, Jan	F	57	25:33	Westcliffe, CO
10	3 Cook, Mike E.	M	54	25:45	Canon City, CO
11	1 Hernandez, Sergio	M	15	25:56	Pueblo, CO
12	4 Miller, Gerald	M	59	25:58	Pueblo, CO
13	2 Hernandez, Efrain	M	11	26:09	Pueblo, CO
14	2 Janos, Vicky	F	49	26:10	Pueblo, CO
15	2 Koski, Sherry	F	57	26:13	Pueblo, CO
16	3 Miller, Jackie	F	58	26:16	Pueblo, CO
17	2 Ross, Kevin	M	45	26:29	Colo Sprgs, CO
18	3 Boone, Dale L.	M	48	26:30	Pueblo, CO
19	1 Bonney, Joe	M	10	26:40	Pueblo, CO
20	4 Rocco, Tana A.	F	54	26:42	Pueblo West
21	5 Ritchey, Jim	M	55	26:52	Pueblo, CO
22	3 Law, Sheri	F	41	27:24	Golden, CO
23	4 Stevenson, Diane M.	F	49	27:54	Pueblo, CO
24	1 Whitney, Myra	F	62	27:57	Pueblo, CO
25	6 Hunter, John	M	56	28:15	Pueblo, CO
26	2 Rogers, Kathleen	F	38	28:15	Pueblo, CO
27	1 Flanigan, Rae	F	78	28:22	Pueblo, CO
28	1 Gutierrez, Cindy	F	25	28:28	Pueblo West
29	2 Veges, Natalie	F	73	28:30	Pueblo, CO
30	3 Bott, Ruth	F	79	28:36	Alamosa, CO
31	4 Romero, Chris	M	44	28:40	Pueblo, CO
32	5 Gaut, Connie L.	F	40	29:05	Pueblo, CO
33	2 Portillos, Priscilla	F	64	29:25	Pueblo, CO
34	5 Mesner, Diane	F	50	29:37	Pueblo, CO
35	3 Fairchild-Valdez, W.	F	39	29:38	Pueblo, CO
36	2 Mesner, Annie	F	7	29:39	Pueblo, CO
37	6 Peralta, Carmen R.	F	58	30:12	Pueblo, CO
38	6 Cosyleon, Patricia	F	40	30:13	Pueblo, CO
39	5 Hernandez, Jose	M	44	30:20	Pueblo, CO
40	7 Rose, Debbie	F	47	30:23	Beulah, CO
41	7 Raich, Lenore	F	51	30:29	Pueblo, CO
42	1 Arehart, Arthur	M	73	31:01	Colo Sprgs

43	1 Helmick, James E.	M	65	31:01	Penrose, CO
44	4 Day, Missy	F	39	31:36	Pueblo West
45	4 Brown, Anna	F	72	31:55	Pueblo, CO
46	2 O'day, Dennis	M	61	31:55	Castle Rock
47	5 Samaniego, Susan	F	32	32:18	Pueblo, CO
48	2 Morgan, Brandy	F	22	32:19	Pueblo, CO
49	2 Puls, T.J.	M	10	32:22	Pueblo, CO
50	8 Baca, Esther	F	50	32:22	Pueblo West
51	2 Puls, Kristina	F	12	32:23	Pueblo, CO
52	6 Bonney, Floyd	M	40	32:26	Pueblo, CO
53	2 Garcia, Antonio	M	77	32:29	Pueblo, CO
54	3 Sanchez, Alicia C.	F	20	32:34	Pueblo, CO
55	6 Pacheco, Cindy	F	34	32:34	Pueblo, CO
56	8 Souther, Anne P.	F	46	32:49	Pueblo, CO
57	9 Lippincott, Melody	F	44	32:49	Westcliffe
58	9 Dahl, Faye	F	54	32:50	Pueblo, CO
59	3 Mathis, Halcyon K.	F	60	33:07	Pueblo, CO
60	3 Mathis (2), John	M	60	33:08	Pueblo, CO
61	4 Zapata, Cipriana R.	F	61	34:40	Pueblo, CO
62	7 Knowles, Kristin	F	31	34:43	Pueblo, CO
63	8 Whaley, Kelli	F	35	34:44	Pueblo, CO
64	10 Hart, Theresa	F	44	35:39	Pueblo, CO
65	10 Desalvo, Carolyn	F	58	35:45	Pueblo, CO
66	9 Roman, Debbie	F	30	37:49	Fed. Heights
67	1 Fuller, Ryan	M	25	37:49	Pueblo, CO
68	11 Fuller, Naomi J.	F	50	37:50	Pueblo, CO
69	5 Arellano, Mary Alice	F	61	38:01	Pueblo, CO
70	3 Puls, Laura	F	14	39:49	Pueblo, CO
71	4 Woods, Elisabeth	F	11	39:49	Pueblo, CO

Trail Notes

Continued from Page 5

away from banks. Police understand running to donut shops at night, but they won't understand why you are running from a bank at night. The hat, gloves and dark tights will probably NOT help convince them of your honesty. You also want to be careful with your neighbors. Again, the running attire makes you a suspect when running past their picture window or away from their new automobile. Where I live, "shoot first, ask questions later" is still the main mantra of the legal system, but that helps my "split" times.

Night running also requires you to dress

warmer - not because of the cold, but because the layers help limit skin loss and bone breaks when you face plant. Finally, stay away from ALL cars at night. People are so confused by seeing "something" moving on two feet in the dark, that they are thinking big-foot or aliens. Accordingly, they have a nasty tendency to point their headlights toward the "creature" to get a better look. Unfortunately, their 3-ton suburban is connected to those headlights and you can end up being an ugly hood ornament.

Good luck and be careful.



Spring Runoff - 5K Run

Race held March 4, 2001 at Dutch Clark Stadium.

Results provided by Mike Orendorff and Ken Raich.

Overall winners:

Male – Brian Cathcart, 18:28

Female – Desiree Dallaguardia, 24:55

Div.	Name	Sex	Age	Time	City
1	1 Cathcart, Brian	M	29	18:28	Ft Collins
2	1 Hackler, Andrew	M	33	19:30	Pueblo, CO
3	2 Marquez, Regis	M	24	20:19	Pueblo, CO
4	3 Keller, Jeff	M	29	20:39	Pueblo, CO
5	2 Keller, Rich	M	38	21:18	Pueblo, CO
6	1 Vallejos, Canaan	M	14	21:24	Pueblo, CO
7	1 Betz, Ronald E.	M	52	21:30	Pueblo West
8	1 Mock, Joseph	M	19	21:48	Canon City
9	1 Messick, Mike	M	44	21:56	Cheraw, CO
10	4 Womack, Thumper	M	23	22:11	Pueblo, CO
11	2 Nitchen, Tim	M	40	22:23	Pueblo West
12	1 Bradley, Marv	M	61	22:35	Canon City
13	3 Veges, Bill	M	43	22:44	Pueblo, CO
14	4 Shipe, Mark	M	46	23:46	Pueblo, CO
15	2 Ross, Nick	M	13	24:00	Pueblo West
16	5 Baca, Rudy	M	41	24:01	Pueblo West
17	2 Bulick, Richard	M	52	24:12	Colo Sprgs
18	6 Beauvais, Scott	M	41	24:20	Pueblo West
19	7 Cress, Greg	M	42	24:41	Pueblo, CO
20	3 Ruiz, Robert M.	M	32	24:47	Pueblo, CO
21	1 Dallaguardia, Desiree	F	14	24:55	Colorado City
22	8 Schreiber, Jim	M	42	24:57	Pueblo West
23	4 Clemente, Luca	M	36	25:01	Pueblo, CO
24	3 Minnich, Stephen A.	M	51	25:14	Pueblo, CO
25	4 Dehn, Ron	M	52	25:17	Pueblo West
26	3 Schreiber, Max	M	13	25:24	Pueblo West
27	9 Ure, Gerald	M	43	25:25	Pueblo West
28	2 Van Buskirk, Brandon	M	16	25:36	Pueblo, CO
29	1 Berndt, Crystal	F	16	25:36	Rye, CO
30	5 Jessen, John	M	50	25:40	Pueblo, CO
31	4 Shepherd, Stuart	M	13	25:43	Rocky Ford
32	5 Berndt, Aaron	M	12	25:43	Rye, CO
33	6 Roger, Mel	M	55	25:45	-
34	6 Kirkland, Jace	M	12	25:47	Rye, CO
35	2 Aguilera, Mario H.	M	66	25:50	Pueblo, CO
36	5 Van Buskirk, Brian	M	25	26:07	Golden, CO
37	5 Ropp, Brian	M	37	26:16	Pueblo West
38	1 Woods, William	M	9	26:24	Pueblo, CO
39	10 Vigil, Joe	M	44	26:31	Pueblo, CO
40	6 Thielemier, Brian	M	28	26:36	Pueblo, CO

41	7 Guasta, Robert J.	M	53	26:40	Pueblo West
42	2 Richter, Amanda	F	16	26:55	Rocky Ford
43	1 Schilf, Laura	F	38	26:56	Canon City
44	3 Flores, Derek	M	18	27:01	Pueblo, CO
45	8 Moore, Mickey	M	54	27:10	Pueblo, CO
46	6 Kastner, Steve	M	38	27:15	Pueblo West
47	4 Ure, Eric	M	18	27:18	Pueblo West
48	2 Cruz, Chrissy	F	33	27:20	Pueblo West
49	1 Ferguson, Trisha	F	49	27:21	Pueblo West
50	11 Brown, Sam	M	43	27:22	Pueblo, CO
51	9 Duran, Tomas L.	M	55	27:29	Pueblo, CO
52	12 Skul, Gary	M	48	27:35	Pueblo, CO
53	7 Gallegos, Mac	M	34	27:40	Pueblo, CO
54	7 Alvarado, Chad	M	27	27:52	Pueblo, CO
55	8 Mutz, Nathan	M	22	27:53	Pueblo, CO
56	10 Mendoza, Xavier	M	51	28:03	Pueblo, CO
57	3 Kurtz, Kelly M.	F	34	28:07	Colo Sprgs
58	2 Green, Laura	F	40	28:08	Wetmore
59	8 Rodgers, Adam	M	33	28:08	Pueblo West
60	13 Sandoval, Leroy J.	M	40	28:10	Pueblo, CO
61	14 Vialpando, Stephen	M	47	28:10	Pueblo, CO
62	9 Freyta, John C.	M	33	28:17	Canon City
63	15 Brown, Rodd	M	45	28:20	Canon City
64	11 Neumeister, John	M	56	28:27	Rye, CO
65	2 Reno, Tiffany	F	15	28:36	Pueblo, CO
66	4 Miller, Denise A.	F	38	28:36	Pueblo, CO
67	1 Stringer, Jill T.	F	27	28:39	Pueblo, CO
68	12 Gregory, Len	M	58	28:41	Pueblo West
69	1 Borton, Fran	F	54	28:41	Pueblo, CO
70	10 Koch, Paul	M	32	28:46	Colo Sprgs
71	16 Fuller, Rex	M	47	28:54	Pueblo West
72	17 Vukich, John C.	M	44	29:09	Pueblo West
73	18 Springfield, Bryan	M	40	29:10	Pueblo, CO
74	7 Gonzales, Aaron J.	M	14	29:15	Pueblo, CO
75	13 Lopez, Jerry	M	50	29:37	Pueblo, CO
76	14 Belkin, Larry	M	50	29:42	Pueblo West
77	11 Easton, Joseph S.	M	39	29:48	Pueblo, CO
78	12 Garcia, Dennis	M	38	30:17	Colo Sprgs
79	3 Lebouef, Alice I.	F	46	30:23	Leadville, CO
80	13 Gauna, Greg	M	30	30:27	Pueblo West
81	2 Desalvo, Buffie	F	28	30:29	Colo Sprgs
82	3 Van Buskirk, Steph	F	13	30:41	Pueblo, CO
83	15 Parrack, Cecil	M	57	30:42	Pueblo, CO
84	5 Mecillas, Machel	F	30	30:51	Pueblo, CO
85	5 Ayala, Johnathon	M	16	30:51	Pueblo, CO
86	3 Ayala, Richard	M	66	30:52	Pueblo, CO
87	16 Swank, Patrick	M	53	30:54	Pueblo, CO
88	17 Arellano, Eugene	M	52	31:01	Pueblo, CO
89	4 Giannetto, Sylvester	M	61	31:02	Pueblo, CO
90	5 Wallis, Larry D.	M	61	31:04	Pueblo, CO
91	8 Davidson, T.J	M	11	31:13	Pueblo West
92	1 Rogers, Christa	F	8	31:15	Pueblo, CO
93	14 Pinney, Craig	M	37	31:34	Pueblo, CO
94	4 Streeter, Donna R.	F	40	31:36	Denver, CO
95	6 Bocim, Palmer	M	16	31:40	Pueblo, CO
96	9 Lemke, Scot	M	24	31:40	Pueblo, CO
97	18 Price, Gary	M	51	31:45	Pueblo West
98	2 Krall, Tanner	M	9	31:57	Pueblo West
99	19 Archuleta, Reuben	M	46	32:01	Colo Sprgs
100	6 Osmundson, Francie	F	33	32:02	Canon City
101	7 Hanenberg, Shawna	F	32	32:02	Pueblo West
102	8 Braddy, Carla	F	33	32:04	Canon City
103	9 Johnston, Shawn	F	35	32:06	Creede, CO
104	2 Norway, Mallory	F	53	32:06	Longmont
105	9 Koncilja, Joe	M	11	32:13	Pueblo, CO
106	3 Gregory, Lori	F	50	32:18	Pueblo West
107	3 Krow, Charity	F	19	32:28	Pueblo, CO
108	3 Linkowski, David	M	9	32:28	Pueblo West



Overall Winner

Brian Cathcart, son of Race Director Terry Cathcart, was the first overall finisher in the 5K run with his 18:28 clocking.



In his first race since breaking a toe, Mike Messick sped to a 9th-place overall time of 21:56.

**Spring Runoff
photos by
Gary Franchi**



Desiree Gallaguardia, 14, was the top overall female with a 5K time of 24:55.

Continued on Page 8

Spring Runoff - 5K Run



Color Man

Pueblo has never heard a road racing announcer anything like Roger Allison before. Roger, who lives in Colorado Springs, came down to Pueblo to put on a virtuoso performance at the Spring Runoff, identifying runners as they neared or crossed the finish line and providing tons of historical tidbits.



Top Female

Ex-Puebloan Stella Heffron, now living in Elizabeth, CO, was the women's 10K winner in the time of 41:20.

Continued from Page 7

109	10	Linkowski, Kari	F	35	32:29	Pueblo West
110	10	Willumstad, Tom	M	15	32:30	Pueblo, CO
111	5	Hickman, Donna	F	47	32:37	Pueblo West
112	3	Krow, Brandy	F	20	32:38	Pueblo, CO
113	6	Javorsky, Carolyn	F	42	32:38	Pueblo West
114	20	Greer, Pat	M	49	32:44	Pueblo, CO
115	11	Mesner, Dany	M	13	32:45	Pueblo, CO
116	19	Mesner, Doug	M	50	32:45	Pueblo, CO
117	21	Quattlebaum, Philip	M	48	32:46	Penrose, CO
118	6	Foster, David	M	64	32:48	Pueblo, CO
119	12	Martinez, Eric	M	11	32:49	Pueblo, CO
120	15	Martinez, Rick	M	37	32:49	Pueblo, CO
121	7	Stahle, Lisa	F	45	32:49	Pueblo, CO
122	13	Martinez, Matt	M	14	32:51	Pueblo, CO
123	16	Kleiner, Jeff	M	36	32:56	Pueblo, CO
124	11	Van Buskirk, Robin	F	37	33:01	Pueblo, CO
125	7	Bender, Brandon	M	19	33:03	Pueblo West
126	4	Bocim, Courtney	F	15	33:29	Pueblo, CO
127	8	Webb, Theresa	F	41	33:31	Westminster
128	12	Sanchez, Cathryn L.	F	39	33:36	Pueblo West
129	4	Meier, Makale	M	10	33:45	Pueblo, CO
130	4	Walls, Jacqueline	F	29	33:56	Pueblo, CO
131	9	Murray, Alisa	F	41	34:04	Howard, CO
132	20	Tanner, Joe	M	52	34:08	Las Animas
133	5	Chavez, Nadine	F	28	34:22	Colo Sprgs
134	6	Garcia, Donna	F	28	34:23	Colo Sprgs
135	5	Walters, Bruce	M	10	34:26	Pueblo West
136	1	Rodgers, Rodge	M	79	34:27	Colo Sprgs
137	2	Holiman, John	M	74	34:28	Pueblo, CO
138	10	Arellano, Julie	F	48	34:28	Pueblo, CO
139	5	Koch, Sarah	F	13	34:29	Pueblo, CO
140	17	Hatchett, Peter	M	32	34:31	Pueblo, CO
141	13	Keller, Kim	F	32	34:33	Pueblo, CO
142	6	Riggins, Errin	M	10	34:44	Pueblo, CO
143	21	Walters, Jeff	M	50	34:44	Pueblo West
144	4	Dougherty, Chesney	F	19	34:49	Boulder, CO
145	11	Spielman, Emilie	F	46	35:11	Pueblo, CO
146	7	Kinsinger, Neal	M	66	35:15	Colo Sprgs
147	7	Chiaromonte, Joshua	M	10	35:20	Pueblo, CO
148	4	Winans, Liana	F	53	35:21	Wetmore, CO
149	7	Hall, Tracy	F	21	35:29	Pueblo, CO
150	14	Moreschini, Carey	F	32	35:35	Pueblo West
151	5	Tanner, Nancy	F	53	35:37	Las Animas
152	12	Samora, Louise	F	47	35:38	Pueblo, CO
153	1	Stephens, Joyce	F	60	35:39	Pueblo, CO
154	14	Montoya, George	M	15	35:44	Pueblo, CO
155	15	Dunn, Peggy	F	37	35:51	Canon City
156	13	Morris, Arvenia	F	44	35:55	Lamar, CO
157	22	Woods, Phillip	M	51	36:07	Pueblo, CO
158	6	Dody, Cathy	F	51	36:08	Colo Sprgs
159	8	Scutti, Johnna	F	23	36:14	Pueblo, CO



Playing "Follow the Leader" are (from left) Chrissy Cruz, Trish Ferguson and Sam Brown.

160	14	Tafoya, Shelly	F	46	36:52	Pueblo, CO
161	16	Andrews, Debbie	F	35	37:00	Pueblo, CO
162	23	Demoss, Bill	M	58	37:01	Pueblo, CO
163	17	Keefer, Angela M.	F	32	37:02	Pueblo West
164	15	Jones, Lillian M.	F	43	37:07	Pueblo, CO
165	16	Gonzales, Pamela	F	42	37:14	Pueblo, CO
166	18	Laine, Denise	F	35	37:15	Pueblo West
167	24	Martinez, Adrian	M	53	37:47	Loveland
168	10	Sergejev, Peter	M	22	38:19	Pueblo, CO
169	9	Sergejev, Moira	F	23	38:19	Pueblo, CO
170	2	Shellenberger, Kayla	F	9	38:20	Pueblo, CO
171	17	Gentry, Diane	F	42	38:28	Colo Sprgs
172	19	Meier, Kristen	F	33	38:49	Salida, CO
173	8	Koncilja, George	M	9	38:50	Pueblo, CO
174	15	Valdez, Nick	M	12	38:51	Pueblo, CO
175	22	Valdez, Richard	M	41	38:51	Pueblo, CO
176	18	Giamp, Jacqueline	F	43	38:52	Pueblo, CO
177	7	Furman, Christy	F	52	40:59	Pueblo, CO
178	10	Marroney, Alissa	F	24	41:02	Pueblo West
179	18	Keefer, Steven A.	M	33	43:30	Pueblo West
180	11	Johnson, Connie	F	28	43:44	Colo Sprgs
181	2	Kent, Natasha	F	62	46:02	Colo Sprgs
182	1	Arehart, Elisabeth	F	70	47:15	Colo Sprgs
183	8	Stever, Deanna	F	55	50:05	Pueblo, CO
184	20	Vidmar, Shawn	F	31	52:50	Pueblo, CO
185	9	Helmick, Diane B.	F	54	54:00	Penrose, CO
186	21	Pritchett, Amy	F	36	55:52	Denver, CO
187	25	Stever, Paul	M	55	63:25	Pueblo, CO
188	26	Wilkinson, Mark	M	51	63:35	Pueblo, CO

Spring Runoff - 10K Run

Race held March 4, 2001 at Dutch Clark Stadium.

Results provided by Mike Orendorff and Ken Raich.

Overall winners:

Male - Phil Castillo, 33:10

Female - Stella Heffron, 41:20

Div.	Name	Sex	Age	Time	City	
1	1	Castillo, Phil	M	28	33:10	Ft Carson
2	1	Cathcart, Steve	M	36	33:42	Ft Collins
3	2	Ruhm, Brian	M	35	36:14	Pueblo, CO
4	1	Shin, Mark	M	19	36:19	Littleton, CO
5	2	Romero, Gerald	M	29	36:27	Colo Sprgs

6	1	Walter, Hal	M	40	36:55	Westcliffe
7	2	Shoulberg, Rick	M	40	39:53	Manitou S.
8	3	Garcia, Marty	M	40	40:35	Pueblo, CO
9	4	Montoya, John	M	43	40:52	Raton, NM
10	1	Heffron, Stella M.	F	33	41:20	Elizabeth
11	3	Roemer, Tom	M	36	42:03	Colo Sprgs
12	4	Slaughter, Kevin	M	30	42:24	Pueblo, CO
13	5	Torres, Harold Dean	M	46	42:29	Trinidad, CO
14	6	Miller, Dale	M	47	42:33	Lakewood
15	7	Valdez, Ben	M	40	42:46	Pueblo West
16	8	Brotherston, Robert	M	42	42:59	Security, CO

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Spring Runoff - 10K Run

Continued from Page 8

17	5	Santoyo, Robert M.	M	38	43:34	Pueblo, CO
18	3	Sherman, Matt	M	28	43:36	Pueblo, CO
19	6	Doub, Toby L.	M	30	43:46	Pueblo, CO
20	7	Donaldson, Kevin	M	37	45:18	Alamosa, CO
21	8	Miecke, Fred	M	36	45:34	Canon City
22	9	Tameler, Karl S.	M	36	46:23	Beulah, CO
23	4	Hogan, Richard T.	M	27	46:31	Pueblo West
24	1	Hren, Stan	M	59	46:42	Las Animas
25	10	Kettelkamp, Dirk	M	30	46:51	Pueblo, CO
26	9	Khosla, Rocky	M	42	47:04	Pueblo, CO
27	10	Janney, Jack	M	48	48:07	Colo Sprgs
28	11	Sanchez, Michael	M	40	48:20	Pueblo West
29	2	Munoz, Ralph B.	M	51	48:32	Colo Sprgs
30	3	Hund, Henry	M	59	49:15	Pueblo, CO
31	2	Ruhm, Heather	F	37	49:15	Pueblo, CO
32	1	Brumage, Jim	M	61	49:19	Wetmore, CO
33	1	Mulder, Chasidey	F	20	49:23	Chadron, NE
34	3	Bueno, Claire	F	36	49:38	Pueblo, CO
35	12	Weaver, Allen S.	M	48	49:40	Canon City
36	2	Marquez, Lesli	F	24	50:30	Pueblo, CO
37	3	Alvarado, Jennifer	F	29	50:32	Colorado City
38	4	Hale, Kelly	F	33	50:34	Rye, CO
39	5	Roberts, Greg	M	27	50:41	Pueblo, CO
40	13	Martinez, Wesley	M	44	50:46	Pueblo, CO
41	4	Fox, Teri	F	27	50:58	Pueblo West
42	1	Bailey, Sharon Y.	F	52	51:17	Colo Sprgs
43	11	Van Buskirk, Brad	M	39	51:22	Pueblo, CO
44	5	Eggert, Kim	F	39	51:32	Creede, CO
45	2	Navarro, Hilbert	M	60	52:01	Pueblo, CO
46	4	San Miguel, Raul	M	50	52:01	Pueblo, CO
47	12	Rael, Gary	M	35	52:04	Pueblo, CO
48	14	Clark, Michael	M	42	52:06	Colo Sprgs
49	13	Black, Tom	M	38	52:10	Pueblo, CO
50	5	Marshall, Warren	M	52	52:21	Canon City
51	15	Borton, Mike	M	45	52:30	Pueblo, CO
52	16	Rink, Jack	M	46	52:34	Pueblo, CO
53	2	Marshall, Julie	F	52	52:38	Canon City
54	1	Koschke, Kristi	F	18	53:07	Pueblo, CO
55	6	Sartin, Christopher	M	28	53:14	Colo Sprgs
56	5	Kettelkamp, Martha	F	26	53:33	Pueblo, CO
57	17	Shepherd, Ron	M	48	53:43	Rocky Ford
58	14	Arellano, Dion Paul	M	31	54:11	Pueblo, CO
59	6	Snyder, Sara	F	21	54:18	Colo Sprgs
60	18	Sisneros, Joe C.	M	48	54:21	La Jara, CO
61	6	Simmons, Doug	M	52	54:30	Pueblo, CO
62	7	Olsen, James W.	M	51	54:33	Colo Sprgs
63	19	Marquez, Edward C.	M	46	54:35	Trinidad, CO
64	20	Reyes, Rick	M	48	54:57	Pueblo, CO
65	6	Maes, Kelly	F	37	54:59	Trinidad, CO
66	15	Bello, Damian	M	32	55:00	Pueblo, CO
67	7	Osban, Cathy	F	32	55:02	Pueblo, CO
68	8	Comes, Sherry	F	36	55:04	Denver, CO
69	21	Vigil, Jose B.	M	42	55:21	Pueblo West
70	8	Chandler, Lewis	M	58	55:41	Salida, CO
71	3	Van Buskirk, Bill	M	65	56:40	Lamar, CO
72	4	Dominguez, George	M	60	56:49	Raton, NM
73	1	Landreth, Ryan	M	15	56:55	Pueblo, CO
74	22	Dallaguardia, Paul	M	42	56:58	Colorado City
75	9	Early, Lisa	F	32	57:03	Boulder, CO
76	9	Krassa, Robert	M	57	57:08	Boulder, CO
77	10	Sewell, Steve	M	57	57:20	Colo Sprgs
78	10	Reno, Diana	F	38	57:33	Pueblo, CO
79	16	Martinez, Arthur	M	38	57:34	Pueblo, CO
80	11	Willumstad, Paul	M	51	57:52	Pueblo, CO
81	11	Buckley, Tamme	F	39	58:06	Colo Sprgs
82	23	Powell, Brenn	M	42	58:07	Colo Sprgs



Claire Bueno leads Allen Weaver to the finish line where both were timed in 49-plus minutes.

83	12	Martinez, Annette	F	36	58:08	Pueblo, CO
84	7	LeDoux, Melanie	F	21	58:45	Colo Sprgs
85	13	Vall-Spinosa, Leigh	F	35	58:52	Pueblo, CO
86	1	Pratt, Barbara	F	49	58:55	Pueblo West
87	3	Musgrove, Donna	F	52	58:57	Pueblo, CO
88	2	Dallaguardia, Susan	F	42	59:08	Colorado City
89	3	Harrell, Joan	F	47	59:14	Wetmore, CO
90	12	Landreth, Robert	M	50	59:14	Pueblo, CO
91	24	Del Priore, Michael	M	48	59:14	Pueblo, CO
92	25	Pechek, Tim	M	42	59:55	Pueblo West
93	17	Angus, Jeffery	M	35	1:00:46	Colo Sprg
94	14	Angus, Joann	F	35	1:00:50	Colo Sprg
95	13	Walker, Bill	M	52	1:01:17	Colo Sprgs
96	18	Bronken, Rich	M	37	1:01:27	Pueblo West
97	14	Dill, David L.	M	59	1:01:39	Pueblo, CO
98	26	Holt, Greg	M	48	1:01:53	La Junta, CO
99	15	Phelps, Darlene	F	35	1:02:03	Colo Sprgs
100	27	Phelps, David	M	42	1:02:04	Colo Sprgs
101	4	Spencer, Kathleen	F	50	1:02:25	Pueblo West
102	4	Weaver, Maria Elena	F	41	1:02:34	Canon City
103	15	Arteaga, Louis	M	51	1:03:09	Pueblo, CO
104	28	Frantz, Robert R.	M	40	1:03:44	Pueblo, CO
105	16	Johnson, Edward	M	53	1:03:46	Pueblo, CO
106	5	Dudley, Jan	F	46	1:03:55	Pueblo, CO
107	16	Ammeter, Cheryl	F	37	1:04:21	Rye, CO
108	2	Rose, Cory	M	13	1:05:11	Beulah, CO
109	17	Del Priore, Paula	F	36	1:05:31	Pueblo, CO
110	17	Reynolds, Ron	M	55	1:05:43	Pueblo, CO
111	6	Massie, Peggy	F	43	1:05:51	Canon City
112	18	Davis, Maria	F	39	1:05:52	Canon City
113	29	Lobato, John	M	47	1:05:54	Pueblo West
114	7	Berge, Barbara	F	42	1:05:56	Canon City
115	19	Sharp-Henricks, Liz	F	36	1:06:41	Colo Sprgs
116	30	Rutherford, Jeff	M	43	1:06:44	Pueblo, CO
117	8	Able, Kathy	F	40	1:06:45	Pueblo, CO
118	9	Stommel, Kathy	F	44	1:07:47	Pueblo, CO
119	18	Rotolo, Damian	M	56	1:08:17	Pueblo, CO
120	19	Czap, Frank	M	39	1:08:31	Castle Rock
121	1	Bryant, Beth	F	60	1:08:46	Arvada, CO
122	5	Ward, Dennis	M	68	1:11:56	Denver, CO
123	10	De Mars, Brenda	F	49	1:11:59	Colo Sprgs
124	5	O'Day, Ginette	F	53	1:13:52	Castle Rock
125	19	Sellers, Bill	M	50	1:16:07	Pueblo, CO
126	20	Bettger, Ray	M	39	1:17:55	Trinidad, CO
127	21	Meier, Kerry R.	M	35	1:24:50	Pueblo, CO
128	22	Boezinger, Bob	M	34	1:50:44	Canon City

Spring Runoff by the numbers

- There were 497 entrants and 469 finishers.
 - Not all entrants listed complete addresses on their entry forms. Of those that did, there were:
 - 57 from Colorado Springs
 - 151 from areas outside 810 zip codes.
 - There were 10 finishers age 70 and above.
 - There were 28 finishers between the ages of 60 and 69.
 - The average age of all participants was 40.
 - Two-thirds of the competitors were between the ages of 28 and 52.
 - The farthest city one traveled to the race was from Chadron, Nebraska.
- Stats provided by Mike Orendorff*



Stan Hren, 59, of Las Animas won his age division with a sterling 46:42 time in the 10K.

Spring Runoff - 10-Mile Run

Race held March 4, 2001 at Dutch Clark Stadium.

Results provided by Mike Orendorff and Ken Raich.

Overall winners:

Female – Kelly Ryan, 1:02:21

Male – Geraldo Silva, 54:49



Miscellaneous racing notes

Cinco de Mayo

With Tim and Rita Vigil having moved to Santa Fe, club member Jeff Arnold will be taking over as race director of the ever-popular Cinco de Mayo 10K with help from new club member Ryan Montoya. The race will be held Sunday, May 6, at the Colorado State Fairgrounds. This is one of the fastest 10K courses around.

Run for Rio

The annual Run for Rio 5K+ is scheduled for the Saturday of Memorial Day weekend – May 26 – at Rye High School. This is a good tuneup for those planning to run the Bolder Boulder 10K two days later on Memorial Day.

World's Largest Run

In celebration of the 150th anniversary of the YMCA, 1,300 YMCAs across the country will be hosting a unified 5K run and fun walk on Saturday, June 2, in 700 different cities. All 700 races will begin at the same time, too. That includes the YMCA in Pueblo, which will have a run/walk that will start at the Y's location at 700 N. Albany Avenue. More details will be provided in the future.

Div.	Name	Sex	Age	Time	City
1 1	Silva, Geraldo	M	25	54:49	Littleton
2 2	Weich, Greg	M	29	55:33	Lakewood
3 3	Kates, Brian	M	29	59:59	Colo Sprgs
4 1	Ryan, Kelly	F	32	1:02:21	Littleton
5 1	Garcia, Johnny Ray	M	44	1:03:20	Raton, NM
6 1	Meyer, David	M	39	1:03:45	Colo Sprgs
7 2	Koch, Mark	M	41	1:04:09	Pueblo
8 3	Hadley, Rich	M	45	1:06:03	Florence
9 2	Nies, Ron	M	34	1:07:18	Littleton
10 3	Burgess, Todd A.	M	32	1:07:37	Colo Sprgs
11 4	Green, Scott	M	40	1:07:46	Wetmore
12 4	Shute, Edward G.	M	35	1:08:30	Canon City
13 1	Jones, George	M	50	1:08:48	Monument
14 5	Mueller, Michael L.	M	30	1:10:03	Colo Sprgs
15 6	Smith, Stephen P.	M	35	1:10:10	Colo Sprgs
16 5	Robinson, James M.	M	49	1:10:55	Pueblo, CO
17 2	Murphy, Denice L.	F	31	1:11:25	Morrison
18 7	Hough, Rick D.	M	36	1:12:14	Pueblo, CO
19 6	Olguin, Victor	M	43	1:13:01	Pueblo, CO
20 2	Doyle, Peter	M	54	1:13:15	Colo Sprgs
21 3	Dionese, Dave	M	53	1:14:03	Pueblo, CO
22 7	Anthony, Scott	M	45	1:14:24	Colo Sprgs
23 8	Early, Michael	M	39	1:14:30	Boulder, CO
24 4	Pugh, Mike	M	52	1:14:37	Pueblo, CO
25 3	Leetmae, Erika	F	30	1:14:43	Denver, CO
26 9	Howes, Jeffery M.	M	35	1:16:19	Pueblo, CO
27 1	Ross, Elizabeth	F	24	1:16:41	Pueblo, CO
28 4	Williams, Vicki	F	32	1:16:43	Canon City
29 8	McClure, Sam	M	47	1:18:09	Canon City
30 1	Bartecchi, Carl E.	M	61	1:19:14	Pueblo, CO
31 10	Fieth, Steven	M	38	1:19:30	Canon City
32 11	Warne, Pj	M	36	1:19:38	Colo Sprgs
33 9	Olson, Michael K.	M	45	1:20:08	Colo Sprgs
34 5	Davey, Marie	F	37	1:21:14	Denver, CO
35 5	Mitchell, Kent	M	59	1:21:42	Longmont
36 6	Leanos, Ed G.	M	53	1:22:18	Pueblo, CO
37 12	Clough, Steve	M	38	1:22:28	Pueblo West
38 1	Kinzy, Carol Ann	F	53	1:22:42	Pueblo, CO
39 6	Allen, Jackie	F	32	1:22:44	Canon City
40 4	Knowles, Phil	M	28	1:23:05	Pueblo, CO
41 2	Garcia, Rochelle	F	29	1:23:43	Pueblo, CO
42 10	Puls, Ted	M	41	1:24:10	Pueblo, CO
43 7	Crockenberg, Dave	M	53	1:24:17	Pueblo, CO
44 1	Martinez, Marijane	F	48	1:24:26	Pueblo, CO
45 11	Bryan, Sean	M	41	1:25:19	Colo Sprgs
46 2	Diaz, Stacey	F	40	1:25:29	Pueblo, CO
47 8	Kemman, Jerry	M	58	1:26:15	Salida, CO
48 3	Lopez, Diane	F	42	1:26:45	Pueblo, CO
49 3	Welch, Lisa	F	27	1:27:12	Denver, CO
50 7	Taravella, Stacie	F	35	1:27:59	Pueblo West
51 9	Crouse, John	M	50	1:28:34	Monument
52 4	Flores, Carla	F	42	1:28:51	Pueblo, CO
53 2	Robinson, Don	M	68	1:29:01	Denver, CO
54 5	Hadley, Barbara	F	47	1:29:28	Rye, CO
55 1	Kinsinger, Martha	F	66	1:30:59	Colo Sprgs
56 2	Quintana, Jessie	F	57	1:31:26	Pueblo, CO
57 13	McCorkle, Tracy	M	30	1:32:39	Security
58 3	Skroch, Bev	F	51	1:33:13	Creede, CO
59 8	Johnson, Melissa	F	35	1:33:47	Littleton, CO
60 12	Gorre, Darrell	M	48	1:34:23	Denver, CO
61 10	Saucedo Sr, Mike	M	50	1:34:23	Canon City



Jim Robinson, 49, was 16th overall in the 10-mile race with a sterling 1:10:55 time.

62 4	Kramer, Michelle	F	25	1:34:48	Colo Sprgs
63 3	Whitney, Wayne	M	62	1:35:08	Pueblo West
64 6	Kramer, Martha	F	46	1:36:20	Colo Sprgs
65 5	Nobel, Lisa	F	26	1:36:41	Denver, CO
66 4	Andrews, Susan	F	51	1:39:29	Evergreen
67 6	Rowe, Sara	F	28	1:39:58	Colo Sprgs
68 9	Pogue, Julie	F	33	1:40:30	Aurora, CO
69 7	Matsuo, Tammy	F	27	1:42:30	Denver, CO
70 5	Johnson, Diana L.	F	51	1:43:00	Pueblo, CO
71 6	Nicholas-Griesel, D.	F	54	1:43:05	Coaldale
72 7	Haverfield, Deb	F	41	1:43:15	Monte Vista
73 4	Crystal, Joseph	M	60	1:43:43	Castle Rock
74 10	Cyab, Lon	F	37	1:43:44	Castle Rock
75 13	Pogue, Pat	M	41	1:44:39	Aurora, CO
76 11	Lancot, Claudia	F	37	1:45:32	Colo Sprgs
77 14	Lancot, Alan	M	49	1:45:32	Colo Sprgs
78 11	Johnson, Cecil	M	52	1:46:50	Pueblo, CO
79 12	Buckley, Garry	M	59	1:51:26	Divide, CO
80 14	Fails, Lonnie E.	M	36	1:55:52	Colo Sprgs
81 7	McCoy, Cheryl K.	F	56	2:05:52	Salida, CO
82 1	Puls, Gerald	M	74	2:06:28	Pueblo, CO



Women's 10M winner Kelly Ryan (left) was so fast that she finished before many 10K runners.

2001 Racing Calendar



Pueblo County - Canon City corridor

March

25 Sun 9:00AM **Ben & Matt's Trail Mix, 6.1M** Nature Center (719) 543-5151

April

7 Sat 8:00AM **Ramsgate 8, 8K** Belmont area (719) 544-9633

21 Sat 8:30AM **Run for the Summit, 5K** Evangelical Free Church
Pueblo West (719) 547-4125

22 Sun 9:00AM **Y-Bi Classic Duathlon** Pueblo West (719) 543-5151
11.2-mile bike and 5.5-mile run

May

6 Sun 8:00AM **Cinco de Mayo, 10K** State Fair (719) 947-3682

19 Sat 7:00AM **Ordinary Mortals – females** Pueblo West (719) 543-5151
525-meter swim, 12-mile bike, 3M run

20 Sun 7:00AM **Ordinary Mortals – males** Pueblo West (719) 543-5151
525-meter swim, 12-mile bike, 3M run

26 Sat 8:00AM **Run for Rio, 3+M** Rye High (719) 440-1601

June

2 Sat TBA **World's Largest Race, 5K** Pueblo YMCA (719) 543-5151

9 Sat 8:00AM **River Run Classic, 5K & 10K** Cañon City (719) 275-1578

Other somewhat nearby areas or just plain popular races

April

14 Sat **Tortoise & Hare, 5K** S. Monument Valley Pk, CS (719) 574-9273

28 Sat **Elbert Reflections, 5K & 10K** Elbert (719) 590-7086

29 Sun **Cherry Creek Sneak, 5M** Cherry Creek (303) 394-7223

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

29 Mon **Bolder Boulder, 10K** Bank of Boulder to Folsom Fd. (303) 444-7233

June

10 Sun **Garden of the Gods, 10M** Colorado Springs (719) 473-2625

Regional Marathons (& others of interest)

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 5 Shiprock – Farmington, NM (505) 598-0117

6 Lincoln – Nebraska (402) 435-3504

6 Avenue of the Giants – Bayside, Calif. (xxx) Don't No

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

3 Steamboat – Steamboat Springs (970) 879-0880

9 Storm Lake to Marathon – Iowa (712) 289-2246

16 Grandma's – Duluth, Minn. (218) 727-0947

24 FILA Sky – Aspen (719) 570-9795



Some known 2001 races

April 8

Race to Stop Global Warming – Denver

June 16

Sailin' Shoes
– Colorado Springs

June 23

Flameout Four
– Colorado Springs

July 1

Women's Distance Festival – Pueblo

July 4

Firecracker 5K & 10K
– Colorado Springs

July 8

Summer Roundup Trail Run – CS

July 14

Run for Hope 5K
– CO Springs

July 21

Women's Distance Festival – CO Springs

July 28

Classic 10K in CS

August 4

Beulah Challenge

August 11

Wood. Pk. Mayor's Cup

August 11

Georgetown to Idaho Springs Half-Marathon

August 18

Pikes Peak Ascent

August 18

Pikes Peak Marathon

August 25

Run for Excellence



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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address listed above.



Stats that rule

- MSG triggers an allergic reaction in 1-2% of the population. – *Stephanie Brooks, dietitian*
- 30% of the plaintiffs in malpractice suits say they would NOT have sued if the doctor had apologized. – *USA Today*
- Only 105 of the 1,532 starters in the 2000 Hawaii Ironman didn't finish. – *Triathlete magazine*
- In a survey of Hawaii Ironman triathletes, 95.1% said it's easier to complete an Ironman than to read an issue of "Footprints." – *Pollsters Unlimited*

Racing info. you should not believe

by the Editor

Prediction Series races

After much hemming and hawing, the race officials for the **Ben & Matt's Trail Mix** decided at the club meeting that was held March 6 to keep the date of their Prediction Series race on Sunday, March 18. This despite the fact there was a scheduling conflict that day (the St. Patty's Day Bike Ride).

Which reminds me: Where did the term "hemming and hawing" come from, anyway? E-mail your responses about this to me at gfranchi@fone.net and I will pick the best one and toss it in the trash. No, no, wait. I'll print the best response to the above question in the next issue. If I remember. That's a big "if." Let's see, what was I talking about?

Oh yeah, the day after the meeting, the race officials changed their minds and moved the race to **Sunday, March 25**, beginning at 9 a.m. at the Nature Center. This will be the 2nd Prediction Series race of 2001.

The distance has been shortened to 6.1 miles from 6.3 miles because Marijane whined about some big hill she didn't want to run. Well, actually, the consensus thinking was that the hill was real dangerous to run down because runners could fall and get

hurt. But Marijane DID whine. Razz her about that.

Race officials suggest you bring and use your own water bottles in the race. Or take one from another runner.

Next up will be the **Ramsgate 8**, an 8K Prediction Series race starting and finishing at 8 Ramsgate – at the home of Lois and Don Pfof – on Saturday, April 7. This is a potluck brunch, with all participants asked to bring a breakfast item that can be shared with the group. Cash prizes will be given.

Race for the Summit/Y-Bi weekend

Multi-sporters have their first sortie of the year in the **Y-Bi Classic Duathlon** on Sunday, April 22. Jack Carter is already forecasting blizzard-like snow that day. The Y-Bi consists of an 11.2-mile bike and a 5.5-mile run. Out-of-towners always clean up in this.

If you're NOT a multi-sporter, you can do the **Run for the Summit** the day before the Y-Bi. The "Summit" is a 5K, I think. (I can't find the distance on the flyer so I'm guessing about this.) It's in Pueblo West, with the race time 8:30 a.m.

By the way, I was just kidding about the cash prizes for the Ramsgate 8.