



EDITOR: Gary Franchi

# FOOTPRINTS

Purveyor of high-quality fiction.

An April 2001 Hip-Hop edition

## Here's the deal on marathons

If you are observant and/or care about such things, you may have noticed that you haven't seen or heard anything about the River Trail Marathon this year. It's normally held in the fall, but it's not listed in any schedules.

There's a good reason for this. You see, the River Trail event – which included both a half-marathon and a marathon (and a 10K a while back) – probably won't be held this year. Because of the addition of a number of fall marathons in the state during the past couple of years, the numbers for the River Trail were down a bit last year. That, combined with the fact that putting on the race has always been a logistical nightmare for the YMCA, caused the Y to opt not to schedule the race this year.

But note that there has been some talk – even at this late date – of resuscitating the marathon in some form this year. At the April SCR meeting, the club talked some about still conducting some kind of a marathon in 2001 to maintain the tradition.

It was mentioned to start it and finish it downtown, possibly at the Sangre de Cristo Arts Center. Maybe start it somewhere on the HARP River Walk

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Next year, the starting line for the Spring Runoff will be well-marked in the parking lot at Dutch Clark Stadium.

*Photo by Gary Franchi*

## Look for the 2001 Spring Runoff to have the kinks worked out

So, come to find out that the "Spring Runoff by the Numbers" list included in last month's issue of "Footprints" wasn't all-inclusive. Not that it was intended to be. But I thought you should know about another key number. And this one definitely will be noteworthy to those of you who ran the 5K race.

Yes, the 5K course was long. About a quarter-mile long. Many of the 5K runners, especially the higher-quality runners who know their paces and the length of courses down to yards, had a pretty good idea about this.

Hence, if you thought you were slower than usual at the Runoff, now you know why. Actually, you still might have been slower than usual that day. But an extra quarter-mile is

an extra quarter-mile. We'll just blame the Jones Counter and leave it at that.

So it goes.

Note that the Runoff 5K course was to be changed next year anyway, so we'll be sure we learn how to read that Jones Counter when we measure the new course. In the meantime, to make yourself feel good, I'll let you chop a minute and a half or so off your "official" time. There, don't you feel better now?

Also, after pouring through the results printed in the newsletter, I must apologize to our good doctor, Rocky Khosla, for the 10K time I listed for

*Continued on Page 10*





**Buddy sez:**

*“Through the squirrel pipeline, I heard recently that I might get the chance to meet a few of you folks. Yeah, I heard that some of you will be running in my neighborhood soon in some sort of a race that will be held in early May. I live near something called a community college that has a little moat on its one edge. I hang out near that moat off a Marilyn Street. I’m told this race course will go right down my street. That’s pretty cool. But it’ll be even cooler if some of you will bring some shelled peanuts with you and toss them my way when you’re running by. Hope you remember. 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](http://www.rrca.org)

**Marathons**

*Continued from Page 1*

and finishing it either there or at the Gold Dust. The bulk of the race would be held on the River Trail.

This was just preliminary talk at this stage. Something may happen or nothing may happen. I’ll try to keep you updated as it does.

In the meantime, be aware that a new point-to-point marathon has been added up north, and it’s scheduled in September. This is the American Discovery Trail Marathon, and it will be held on Labor Day – which is Monday, Sept. 3.

The marathon will be held almost entirely on trails, beginning near Palmer Lake and end-

ing in downtown Colorado Springs. It will follow the path of the former Santa Fe railroad path and will have an altitude drop from 7,300 feet to around 6,040 feet.

Race officials say this will be a gently rolling, fast course with about 75% of it on hardpacked trails, the rest being on travel and asphalt pavement. The course lies just east of the Rampart Range and will offer runners views of the Air Force Academy, Pikes Peak and other mountain scenery.

Sounds like a winner to me.

For more information, get on the Internet and go to [www.adtmarathon.com](http://www.adtmarathon.com). You can register online at [active.com](http://active.com).

**For the soul ...**

**“Winning is never having to say ‘I quit.’”**

*– the late George Sheehan*

**Club Notes**

*Some tidbits for you to chew on:*

- Watch for the regular County High School track updates by Jeff Arnold as a link on the SCR web site.
- Speaking of the SCR web site, the SCR has paid \$140 to retain its domain name for the next 5 years. Arrangements were made by SCR webmaster Ken Raich.
- The SCR is working to develop a reciprocal arrangement with the Pikes Peak Road Runners through which members of both clubs may receive discounts to each other’s club races. It also would mean that race flyers from each club would be included as inserts in the other’s club’s newsletters. Like the inclusion of the Panoramic Run registration flyer in this issue.
- The last Prediction Series race – the Ramsgate 8 – had 7 first-time Series runners. The series has had 32 runners so far.

**Spring flowers bring beer showers!**

**Gold Dust Saloon**  
217 S. Union Ave.

*About the Editorial consultant – Hugh Cregg is the real name of the Huey Lewis & The News band’s lead singer.*



**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. 235**

“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, Hugh Cregg (*)	
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 to test the potency of No-Doz.

**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



## Here's how to stay lean and mean

Thought for today's lunch, compliments of Scott Tinley: "There are two kinds of cyclists – those who have crashed and those who are going to crash."

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

I've always had this love affair with naps. Almost anywhere and anytime. The truth be told, I've taken naps on top of a picnic table at Pueblo's City Park, on the bare floor of our deck in Colorado City, and even at the finish line of races I'm working at while sitting in my famous yellow lawn chair – YOU know the one.

I'd even admit to catching a few winks during a meeting at work, but this wouldn't be any great revelation to anyone who works in academe. Nor to anyone who attends any other kind of work-related meeting. Shoot, with the service at McLube's, I'm surprised I haven't nodded off while standing in line there. Yet.

### McLube's employee:

"Uh, sir, would you quit snoring? We can't hear ourselves flirt with each other behind the counter while we ignore you."

Over the years I've taken a bit of a razzing from my house mates because of the joyous glee that spreads over my face and in my voice as I contemplate taking the day's nap. This is especially true when I start talking about it at 10 a.m. on a Saturday.

**Stall mate:** "You're thinking of your nap already? It's only 10 o'clock in the morning!"

**Yours truly:** "Yeah, but reading the world news in the paper today was stressful."

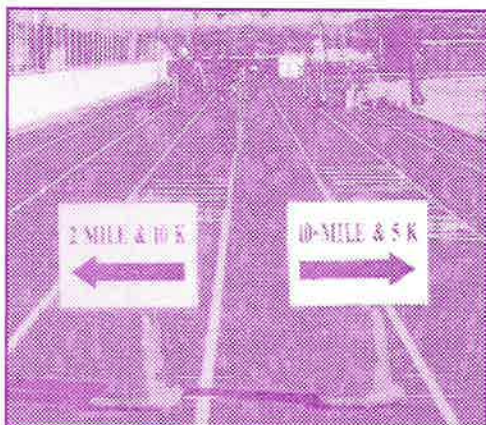
Anyway, I bring this up because I know most of you probably are inclined to think about sleep each month as you read this Great Stuff column. Heck, I think about it as I'm WRITING this stuff.

OK, I'm just kidding. Ho-ho-ho! Actually, I was reading a story in *USA Today* that quotes scientists as saying that not getting enough sleep promotes gaining weight. It's true! It says that "short sleepers" have an impaired ability to dispose of glucose-using insulin, which may cause obesity.

Finally, some vindication for taking those naps, even if I have no idea what the heck those scientists are talking about! See, dumkops – I KNEW there was a good reason for sleeping during meet-

ings, at races and wherever else. I'm doing it to stay thin. To make up for those calories I'm not burning because of injury-induced idleness, I have to sleep more.

Besides, I see what happens to people who don't get enough sleep. They can't think rationally enough to go through the correct finish chute when it's clearly marked at a race (see photo). They run when they're entered in the walking division of a race. They sometimes take the wrong fork in the road during a race because they can't concentrate.



Being fatigued might cause runners to enter the wrong finish chute at a race.

Basically, we should forgive them because they're tired! And now, we know they're getting fat, too, because they're not getting enough sleep.

So, my advice to you if you want to avoid getting obese is to get more sleep. Wherever and whenever. Especially if you're going to be racing the next day.

You might skip the nap during the meeting at work, though. You wouldn't want to start snoring and wake anyone else up.

### Ten things I was just wondering:

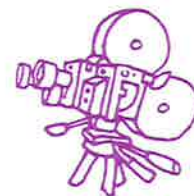
- What if everyone who qualified for the Boston Marathon one year decided not to enter it?
- Does a squirrel ever catch another squirrel that it's chasing?
- Why doesn't the Easter Bunny leave a new pair of running shoes instead of candy?
- What if you had a pizza delivered to you while you were reading in the lounge section at Barnes & Noble?
- What if the starter's pistol failed and the official starter had laryngitis?
- What happens if a runner false starts in a marathon?
- Does anyone ever watch a concert on TV with the mute switch on?
- When geese are in flight, are they drafting off each other?
- Why are running shoe shoelaces always too long?
- Why don't airports hire people to hug pilots who are entering the terminal following a flight? (Bet they would appreciate it.)

Till next month, keep it down. I'm trying to catch some shuteye.



### Ultimate in idiocy item of the month

Because of a Colorado House panel, bicyclists in Colorado won't have the extra protection on state roads that had been sought in a bill that was proposed by Sen. Ken Chlouber and Rep. John Witwer. The House panel earned this month's *Lights are Dim Award* by nixing the bill that would have required motorists to maintain a 3-foot clearance when passing bicyclists and yielding when making a right turn after they had just passed a bicycle.



### Movie Line of the month:

"I can play. I'm tall. I like wearing shorts. Hook. Hook. Dunk. Dunk."

This is a truly exquisite movie from a couple of years ago. It was nominated for 9 Academy Awards, winning 3 in the process. This lady was nominated for best supporting actress. Hint: Guess the movie and actress and earn the right to work on a mathematical equation.

Answers below.

Answers:  
"Good Will Hunting"  
Minnie Driver in



## SCR birthdays

### APRIL

- 21 Beverly J. Kochevar
- 24 Jon Hook
- 25 Mark Rickman
- 27 Jenna Dorsey-Spitz
- Jim Beckenhaupt

### MAY

- 2 Ben Valdez
- 4 Butch Nezvensky
- 5 Blake Ottersberg
- Nicole Leyva
- Larry D. Walls
- Scott Reno
- 10 Melinda Orendorff
- 11 Shaun Gogarty
- 12 Connie Gravelle
- 13 Steven L. Lamy
- 14 B. A. Cosyleon
- Helen Robinson
- Eva Cosyleon
- 17 LaDonna L. Gunn
- 18 Matthew Martin
- Mark Koch
- 20 Diane Lopez
- Lori Gregory
- Nancy Welch
- 23 Sidney Arnold
- 26 Lois Pfost
- Ann M. Hulett
- 30 Stephany Farley

## Now that's my kind of club

The Rocky Mountain Road Runners know how to have a good time. In the minutes of a recent club meeting, as printed in the RMRR newsletter, there was a note from the club member in charge of communications. As noted in the minutes, "Aaron Ruhnow is looking into a place for happy hours."

Sounds like a good role for our Mr. Veges.



# Rocky on Fitness

by Rocky Khosla, M.D.



## Chances of getting mad cow disease here are nil

I was asked recently whether there was a chance that mad cow disease could occur in this country and if this was reason enough to become a vegetarian. My answer to this two-part question is that I do not think we will have mad cow disease in this country because all our cows seem really pretty happy, and vegetarians are to be admired for their beliefs. But I am too much of a lover of steaks to ever become a vegetarian, mad cow disease or no mad cow disease!

But seriously, folks, mad cow disease has played heck with the cattle industry in Europe, has caused quite a few human casualties and I think it deserves some attention.

First of all, there have not been any cases of mad cow disease in the United States, so you can consider our beef safe for consumption. The medical/veterinary term for mad cow disease is bovine spongiform encephalopathy: these technical words mean "the brain looks like swiss cheese," and that is a pretty accurate description of how the affected animal's brain appears.

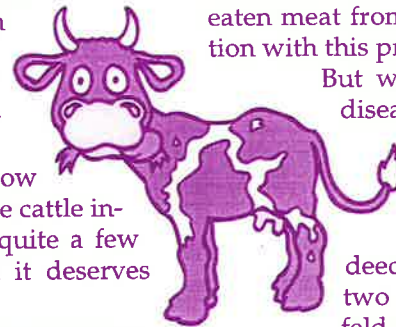
The disease is spread through a type of organism called a prion. Prions are a revolutionary type of life form in that they are basically made up entirely of protein. Every other life form on earth has some form of ge-

netically coded material made up of either RNA or DNA, but prions have neither, and yet are able to replicate themselves in the host. We think cattle in Europe most recently developed this condition when they were fed bone meal (ground up carcasses). And the people who have died from this were unfortunate enough to have eaten meat from animals who had infestation with this prion.

But what about Creutzfeld-Jakob disease? Haven't two people in Colorado died this year from it, and isn't this the same as mad cow disease? The answer is that indeed there has been a report of two people dying from Creutzfeld-Jakob disease (or CJD), but

this is not the same as mad cow disease. CJD was first described in cannibals who ate the brains of their victims, and the two cases reported in Colorado earlier this year were probably due to contaminated neurosurgical instruments. There has never been any spread of CJD from animals to humans.

As scary as CJD and mad cow disease are, the relative risk of getting one of these in this country are zero and close to zero, respectively. So don't worry, be happy and don't make those cows mad!



## More about the Torch Run through Pueblo

Here's a little more information about the Torch Run mentioned last month. As noted, it will go through Pueblo on Saturday morning, May 26, which is the Saturday of Memorial Day weekend.

The Torch Run is a fun run type of thing that will start at Pueblo Blvd. and Lake Avenue but that runners can jump in wherever they'd like along the route. It will weave its way to the Convention Center, and from there it'll make its way to Elizabeth St. and head north to the Red Lobster restaurant near the Pueblo mousetrap. That's the Pueblo leg.

Actually, after a break there, the trek – for those who want more –

will continue on to County Line Road. I have no idea how you'd get back, but I think we can assume there will be vehicles there.

The Torch Run is a benefit for the state Special Olympics to be held in Fort Collins June 2-3. That's why, while there is no entry fee per se, a donation of \$15 (or more if you'd like) is suggested, which will get you a Torch Run T-shirt.

Pueblo Police Capt. George Rivera stresses that this will be an easy, casual run.

"There is one rule – the slowest runner will set the pace," said George. "This is NOT a race but a fun run for a worthy cause."





# Trail Notes

by Shaun Gogarty



## A life-changing running experience

This isn't one of my usual articles. I've tried to set most (OK, some) of the usual sarcasm aside. I wanted to warn everyone so that those who usually stop by the first line might be enticed to read further and those few (my mom & wife) who actually read these monthly thoughts might not get confused by the change.

There are a lot of articles about why people run. It seems that some people feel they have to find justification for the time they spend running. I've run for various reasons over the years: flabby body, recreation, mental calming, money and glory (OK, that was just in a dream I had about running). However, recently during a race, I had an experience that gave me renewed purpose in running. Oddly enough, it happened during the infamous "Alferd Packer Marathon" that I wrote about last year. The "Packer" already holds a special place in my heart because it was the first marathon I ever ran/survived. Since that first time, I've been back every year.

When we woke up on race day and looked outside to rain and wind, I figured it was probably a better day to just stay in the motel. But this would be the fourth time in a row, making it almost a tradition. Granted, having a tradition of annually running a marathon that's named after a cannibal isn't the greatest, but it seemed to "fit" me and my sick little style of "adventure" running (i.e. usually lost and in over my head). Accordingly, I just had to run it, so off we drove to the edge of Chatfield Reservoir.

At the registration table, the only reason all the entry forms didn't blow away was because they were soaking wet. In typical "Packer" fashion there was no shelter except in the two-seat latrine. However, the air outside in the cold and wet was still preferable to the pre-race, loose-bowel aroma inside. My wife was sure I would just sign up for the half-marathon. Maybe I had lured her here with that possibility, but I hadn't promised!

Standing at the table with all those half-marathon "wimps," shaking in the freezing rain and wind while looking across the muddy course, my resolve hardened and I just had to sign up for the marathon. The hardest tasks can produce the greatest rewards – or sometimes just the most pain. Fortunately,

this time I found a reward.

The course, though different this year, was pretty typical of the "Packer": we crossed the waist-deep, ice-crusting Platte River a few times, ran up and down steep hills in 8 inches of gravel, dragged 10 lb. "mud sandals" across muddy plains, and stumbled through deep, stinky swamps. It sounds nuts and probably is, but I've always "enjoyed" this type of outing. The second time around the 13.1-mile loop I came to understand this attraction a little better.

Around mile 20, I had just crossed another muddy, cactus-infested plain and climbed up onto the Highline Canal Trail. It was flat and I knew from the first time around the loop that I had a very long, tedious stretch in front of me. The rain had finally stopped, replaced by snow. Wet clothes had become frozen clothes. But instead of the wall, I found enlightenment.

I was alone, and had been for quite awhile (who else would be stupid enough to be out there). A song on the radio was reminding me about living life to the fullest. At home or in a car it would have been another trivial song. But at that moment, stripped of the comforts that insulate us from reality, I was part of the earth – almost consumed by it (and wearing a good part of it as well).

Trudging along, I was overcome with how incredible it was to just run across the earth with the wind and snow in my face and the mud, water and dirt all around me. Gratitude seemed to flow through every inch of my body, and for a few miles I was flying (relative term) down the trail. The last six miles felt easy and I even had negative splits.

Some will dismiss it as endorphins, dehydration or just plain exhaustion. I don't want to get religious or anything, especially in this publication, but it was a powerful experience. I don't have much of a gift for running (or, you're probably thinking, for writing either), but I do feel that experience was a gift to me. I was changed.

Subsequent runs may never be as enjoyable or enlightening. But every time I can move under my own power through the elements around me, I will be profoundly grateful for a healthy body and this magnificent world.



## Training to do your best

### Cooling-down exercise

Light, cooling-down exercise after hard effort helps flush lactic acid from the muscles and the blood. As you cool down, your body gets busy refilling the muscles' oxygen stores and easing back on hormone and temperature levels. All this will eventually occur without a cool-down, but a proper one will make the process much quicker and easier.

– from Scott Tinley and Ken McAlpine's *Winning Guide to Sports Endurance*

### Quoteworthy

Words about marathons: "If you feel bad at 10 miles, you're in trouble. If you feel bad at 20 miles, you're normal. If you don't feel bad at 26 miles, you're abnormal."

-- Rob de Castella, Australian marathoner who won the gold medal in the 1983 World Championship race

### Help for asthma, allergy sufferers

Running through a park or on a country road might be the best choice for asthma and allergy sufferers. Not only do automotive engines produce noxious fumes, the tires pollute the air with latex particles and the traffic itself stirs up pollen as well as road dust.

– *Runner's World*



## Marv runs his best 100

The SCR's Marv Bradley of Cañon City just keeps getting better. Now 62 years young, Marv just returned from an exemplary performance in the Umstead 100-mile Endurance Run held near Raleigh, North Carolina. Marv finished 16th overall with his time of 25 hours, 21 minutes and 40 seconds. He was one of only 42 runners out of a field of 180 who were able to complete the entire 100-mile distance. It was a weird course – the 100-miler consisted of 10 10-mile loops. It was pretty warm, too, with the day's high temperature 86 degrees. After the run, Marv said he iced down for quite a while (after a nap, of course), and says this might be why he hardly was sore afterward. By the way, that was Marv's 5th 100-miler and also his fastest so far. Hey, I don't understand it either, but that's the way life works. Marv's next big test will be the measly little CVS Pharmacy Marathon in Cleveland on April 29. Wish him luck!

# Prediction Race Series

Before these races, each runner was required to predict his/her finishing time. Watches were not allowed to be worn during these events. The runner who came closest to finishing at his/her predicted time was the winner.

### Ben & Matt's Trail Mix 6.1M Prediction Race held March 25 at the Nature Center in Pueblo.

Name	Predict	Actual	Variance	Points
1 Marijane Martinez	57:30	57:18	0:12	100.00
2 Diana Reno	1:05:00	1:05:13	0:13	95.83
3 Rich Hadley	42:00	42:17	0:17	91.67
4 Diane Lopez	58:00	57:33	0:27	87.50
5 Stacey Diaz	58:30	1:00:21	1:51	83.33
6 Mark Rickman	48:00	46:00	2:00	79.17
7 Stacie Taravella	58:00	1:00:22	2:22	75.00
8 Jim Robinson	47:10	44:15	2:55	70.83
9 Dave Diaz	52:00	48:49	3:11	66.67
10 Anthony Diaz	58:15	1:01:26	3:11	62.50
11 Rochelle Garcia	57:00	1:00:20	3:20	58.33
12 Robert Santoyo	49:02	53:11	4:09	54.17
13 Bill Veges	52:36	48:25	4:11	50.00
14 Mike Messick	44:00	48:17	4:17	45.83
15 Matt Sherman	50:25	46:06	4:19	41.67
16 Ben Valdez	50:30	45:50	4:40	37.50
17 Victor Olguin	49:35	44:50	4:45	33.33
18 Brian Ropp	58:00	52:02	5:58	29.17
19 Stan Hren	46:54	53:15	6:21	25.00
20 Jill Stringer	1:00:00	1:07:23	7:23	20.83
21 Regie Marquez	50:05	41:56	8:09	16.67
22 Paul Dallaguardia	58:21	1:06:53	8:32	12.50
23 Trisha Ferguson	58:30	1:07:23	8:53	8.33
24 Kyle Reno	DNP	---	---	4.17

### Volunteer Support

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

- Ben Valdez and Matt Sherman - Race Directors
- Nick Leyva - Results

### Ramsgate 8K 8K Prediction Race held April 8 in Pueblo.

Name	Predict	Actual	Variance	Points
1 Ben Valdez	35:00	35:09	0:09	100.00
2 Jennifer Alvarado	42:00	41:41	0:19	93.75
3 Marijane Martinez	42:30	41:44	0:46	87.50
4 Robert Santoyo	35:35	36:25	0:50	81.25
5 Dave Diaz	35:30	36:22	0:52	75.00
6 Stacey Diaz	43:00	42:02	0:58	68.75
7 Rich Hadley	31:20	32:33	1:13	62.50
8 Jim Robinson	32:50	34:08	1:18	56.25
9 Victor Olguin	33:10	34:47	1:37	50.00
10 Matt Sherman	32:30	34:18	1:48	43.75
11 Liz Ross	36:45	34:47	1:58	37.50
12 Don Pfof	52:14	50:13	2:01	31.25
13 Richard Hogan	35:00	37:14	2:14	25.00
14 Peggy Dunn	51:47	54:31	2:44	18.75
15 Carla Braddy	50:25	53:45	3:20	12.50
16 John Freyta	43:50	48:10	4:20	6.25

### Volunteer Support

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

- Lois Pfof and Don Pfof - Race Directors
- Dave Diaz - Results

### 2001 Prediction Series Standings

All Prediction Series statistics provided by SCR webmaster Ken Raich.

Name	Spring Runoff	Ben & Matt's	Ramsgate 8K	Total Points
Marijane Martinez	75.00	100.00	87.50	262.50
Rich Hadley	91.67	91.67	62.50	245.83
Ben Valdez	100.00	37.50	100.00	237.50
Jim Robinson	66.67	70.83	56.25	193.75
Stacey Diaz	25.00	83.33	68.75	177.08
Matt Sherman	83.33	41.67	43.75	168.75
Robert Santoyo	33.33	54.17	81.25	168.75
Dave Diaz	8.33	66.67	75.00	150.00
Bill Veges	58.33	50.00		108.33
Diana Reno		95.83		95.83
Jennifer Alvarado			93.75	93.75
Diane Lopez		87.50		87.50
Victor Olguin		33.33	50.00	83.33
Mark Rickman		79.17		79.17
Stacie Taravella		75.00		75.00
Anthony Diaz		62.50		62.50
Rochelle Garcia		58.33		58.33
Karl Tameler	50.00			50.00
Mike Messick		45.83		45.83
Mike Push	41.67			41.67
Liz Ross			37.50	37.50
Don Pfof			31.25	31.25
Brian Ropp		29.17		29.17
Paul Dallaguardia	16.67	12.50		29.17
Stan Hren		25.00		25.00
Richard Hogan			25.00	25.00
Jill Stringer		20.83		20.83
Peggy Dunn			18.75	18.75
Regie Marquez		16.67		16.67
Carla Braddy			12.50	12.50
Trisha Ferguson		8.33		8.33
John Freyta			6.25	6.25



Marijane Martinez is the leader of the SCR's Prediction Series after the first three races.

**Next SCR Meeting**

The next SCR meeting will be held at 7 p.m. Tuesday, May 1, at the Pueblo YMCA in downtown Pueblo. Any SCR member may attend.

# Racing info. sure to help you sleep

by Mr. Editor

By the time most of you are reading this, the bulk of this summer's races have been held. See, you should have read this newsletter when you received it instead of putting it at the bottom of your running magazines in the corner of the basement. Hope you had a good summer.

For the few of you who read this stuff soon after you receive it, you're in luck because there are a lot of good local races on the horizon for you to find out about. Some fast ones, too. Well, fast for some people but probably pretty slow for the rest of us mortals.

Here is a look at some upcoming races:

## Y-Bi Classic

I smell a good Y-Bi coming with great weather when the 15th annual version of this duathlon is held at 9 a.m. Sunday, April 22, at the Pueblo West Fire Station. The Y-Bi consists of an 11.2-mile bike and a 5.5-mile run, although I'm sure you can bike or run longer distances without penalty if you'd like.

Good news for bikers – drafting is allowed. Good news for all participants – they will receive a short-sleeved Cool Max T-shirt for their effort, plus a post-race pizza feast.

If you don't plan to compete, please consider helping conduct the race. Just show up at about 8:30 a.m. on race day.

## Cinco de Mayo 10K

A contingent of runners from Chihuahua, Mexico will again be making the trip north this year for the annual Cinco de Mayo 10K race set for Sunday, May 6, at the Colorado State Fairgrounds. In fact, host families are needed to house our guest runners. They will be arriving Friday night, May 4, and leaving on Monday. If you can host a couple of runners from Mexico, please call Carlos Maldonado at home (549-2055) or at work (549-2329).

A key note: the race, being directed by Jeff Arnold with assistance from Ryan Montoya, will begin at 9 a.m. instead of 8 a.m. this year. The start and finish are still in the Colorado State Fairgrounds. This is a fast 10K course that will allow you to record a time that will get you in the highest possible wave for the Bolder Boulder.



## Ordinary Mortals

Later in the month, the new-format Ordinary Mortals Triathlon will be held. The new format has the women competing on Saturday, May 19, and the men the following day, May 20. As you read this, the race fields for both races are more than half filled, so I wouldn't dawdle about getting in your entry form if you're planning to compete.



The event consists of a 525-meter swim, 12-mile bike and 3-mile run, and all participants will receive a Cool Max shirt, water bottle and swim cap. Because this event is over two days, volunteer help is crucial. If you can, please help out on one of the days – call Ben at 543-5151 to offer to volunteer.

## Busy Memorial Day weekend

The Memorial Day weekend has three weekends worth of races. All are good races, too. Here's the scorecard:

On Saturday, May 26, runners can choose between two rural area races – the **Run in the Valley** in Westcliffe and the **Run for Rio** in Rye. Both are 5K races, although the Rio race is actually closer to a 3.5-mile distance. Both are "good cause" races, with the one in Westcliffe a benefit for a new Custer County recreation center while the one in Rye helps fund a college scholarship and an organ donor organization. These are excellent chances to run in the country, smell the flowers and take in the rest of nature's splendor.

The distances of the two May 26 races are short enough that most racers should have enough left in the tank to run the **Bolder Boulder 10K** on Memorial Day Monday. The entertainment and crowd throughout the course carry most runners. And remember, the club gathers in section 215 of Folsom Stadium for revelry after the race.



## Cinco de Mayo 10K race notes

- The Cinco de Mayo is a deal if I've ever seen one. For those who register by April 30, the fee is just \$14 and only \$12 if you are an SCR member. All runners will receive a sleeveless T-shirt.
- Some of you elder statesmen and stateswomen will be happy to know that the Cinco has a 70 years and older division.
- Give your support to Total Terrain, which is the race sponsor.
- Members of the Pikes Peak Road Runners should have received entry forms for the Cinco de Mayo race in their newsletter.

## Little-known health facts

- There's no scientific evidence to support claims that products such as drinks, snacks and cereals with additives boost brainpower, energy or enhance the immune system.
- Honey contains several antioxidants that protect our genes against damage from free radicals.
- Most people only gain about a pound during the holidays, but the problem is that few people lose that pound.



denver.boulder.ft collins.colorado springs

CALL 1-800-95-ROOST  
or  
WEB: [www.runnersroost.com](http://www.runnersroost.com)

colorado springs 107 E bijou 719.632.2633



## “Sneak” is a true bargain

It's hard to figure out how you can lose if you enter the Cherry Creek Sneak, which is scheduled for April 29 in Denver this year and finally isn't being held on the same day as the Y-Bi Classic duathlon (which is April 22).

If you register before the day of the race, the fee is \$22. It's only \$13 if you're 60 or over or 17 or under. For that, listen to all you get: a nice long-sleeved T-shirt, a free meal (lunch or dinner) at the Old Spaghetti Factory, a free food coupon for great post-race refreshments, a good bagful of special offers and related sports information, and a post-race party in Polaski Park, where there will be live music, free product samples and spirited schmoozing. Oh, and you get to race, too. Sign up on [www.active.com](http://www.active.com).

## Why runners are smarter

Exercise increases blood flow to the brain, according to preliminary Japanese research presented at the American College of Sports Medicine. The findings strengthen the argument that running is as good for the head as it is for the body.

– *Runner's World*

## You can be a part of racing history

If you want to be part of history, you can fly to Hawaii (or swim if you feel adventurous) and run a 5K race at 4 a.m. on June 2. That's the date of the YMCA's World's Largest Run (WLR) in which 700 cities across the country will have one synchronized starting time. And here I thought 4 a.m. starting times were reserved for things like the Leadville 100.

**Y** Whatever, instead of traveling to Hawaii, I suppose you actually could stay here in Colorado and run or walk either one of the WLR races that are scheduled both in Pueblo and Colorado Springs. They're both scheduled for 8 a.m.

The Pueblo race will have a cool, course that will start a couple of blocks from the YMCA, in the area of Albany and 10th Street. It will head to 8th Street and go east over the bridge to Erie, then head north before connecting with the Fountain Creek trail system a few blocks up Erie. From there it's sort of an up-and-back course that will finish at the Y.

Entry forms have been distributed and also are at the Y and at the Gold Dust, or you can register online at [www.ymca.net](http://www.ymca.net). Call 543-5151 for information.



## Nearing its 'Peak'

All runners interested in racing the Triple Crown of Running series this year would be wise to get their registration forms in for the Pikes Peak Ascent or PP Marathon, scheduled for Aug. 18 and 19, respectively, because they are filling up fast. As of April 10, the PP Marathon was 83 percent filled, wave 2 of the Ascent was completely filled and wave 1 of the Ascent was 89% filled. Entry forms for these are available online at [www.pikespeakmarathon.org/](http://www.pikespeakmarathon.org/).

## RRCA Convention coming to Albuquerque

There's still time to sign up for and attend the Road Runners Club of America's national convention that will be held May 2-6 in Albuquerque. Since the Southern Colorado Runners is a member of the RRCA, any SCR club member can attend.

The annual convention is a great way to learn new things about running-related topics, meet like-minded fitness-oriented people, enjoy daily fun runs and get some unbelievably great buys at a running expo that's stretches over a few days. Plus, you

can attend the annual RRCA Awards Banquet, where legendary coach Joe Vigil will be the keynote speaker.

The many workshops will be on such topics as coaching certification, volunteer management, web page design, newsletter editing, race management, club finances, etc. Concluding the convention events will be the Run for the Zoo 5K and 10K races.

If you are interested in attending, you can access the convention web site at [www.rrca.org](http://www.rrca.org).

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# 2001 Racing Calendar



## Pueblo County - Canon City corridor

### April

21	Sat	8:30AM	<b>Run for the Summit, 5K</b> .....	Evangelical Free Church Pueblo West (719) 547-4125
22	Sun	9:00AM	<b>Y-Bi Classic Duathlon</b> .... 11.2-mile bike and 5.5-mile run	Pueblo West (719) 543-5151

### May

6	Sun	8:00AM	<b>Cinco de Mayo, 10K</b> .....	State Fair (719) 947-3682
19	Sat	7:00AM	<b>Ordinary Mortals – females</b> .....	Pueblo West (719) 543-5151
			525-meter swim, 12-mile bike, 3M run	
20	Sun	7:00AM	<b>Ordinary Mortals – males</b> .....	Pueblo West (719) 543-5151
			525-meter swim, 12-mile bike, 3M run	
26	Sat	8:00AM	<b>Run for Rio, 3+M</b> .....	Rye High (719) 440-1601
26	Sat	8:00AM	<b>Run in the Valley, 5K Run &amp; 1M walk</b> .....	Westcliffe (719) 783-0137

### June

2	Sat	8:00AM	<b>World's Largest Race, 5K run &amp; fun walk</b> ....	Pueblo YMCA (719) 543-5151
8	Fri	6:15 PM	<b>Holy Family Run, 5K run &amp; 1.5M walk</b> .....	Prairie & Jones (719) 547-4187
9	Sat	8:00AM	<b>River Run Classic, 5K &amp; 10K</b> .....	Cañon City (719) 275-1578

## Other somewhat nearby areas or just plain popular races

### April

28	Sat	<b>Elbert Reflections, 5K &amp; 10K</b> .....	Elbert (719) 590-7086
29	Sun	<b>Cherry Creek Sneak, 5M</b> .....	Cherry Creek (303) 394-7223

### May

5	Sat	<b>Races in the Garden, 5K &amp; 5M</b> .....	Garden of the Gods, CS (719) 635-8803
12	Sat	<b>Panoramic River Run, 1M &amp; 4M</b> .....	Bear Creek Park, CO Springs (719) 687-2135
19	Sat	<b>Armed Forces Day Run, 10K</b> .....	Fort Carson (719) 550-4618
29	Mon	<b>Bolder Boulder, 10K</b> .....	Bank of Boulder to Folsom Fd. (303) 444-7233

### June

2	Sat	<b>World's Largest Race, 5K &amp; 1M walk</b> ..	Monu: Valley Park, CO Springs (719) 598-2953
10	Sun	<b>Garden of the Gods, 10M</b> .....	Colorado Springs (719) 473-2625
16	Sat	<b>Sailin' Shoes, 5K &amp; 10K &amp; Kids 1M..</b>	Downtown Colorado Springs (719) 596-3507

## Regional Marathons (& others of interest)

April	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
June	27	Coeur d'Alene – Idaho	(208) 665-9393
	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

- **May 5**  
Collegiate Peaks  
– Buena Vista
- **May 12**  
Avon Women's 5K  
– Denver
- **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 19**  
Pikes Peak Marathon
- **August 25**  
Run for Excellence  
– Fountain
- **September 30**  
Races at USAFA



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

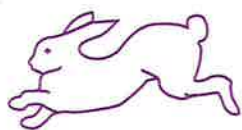
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Pueblo Family YMCA  
700 N. Albany Avenue  
Pueblo, CO 81003

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

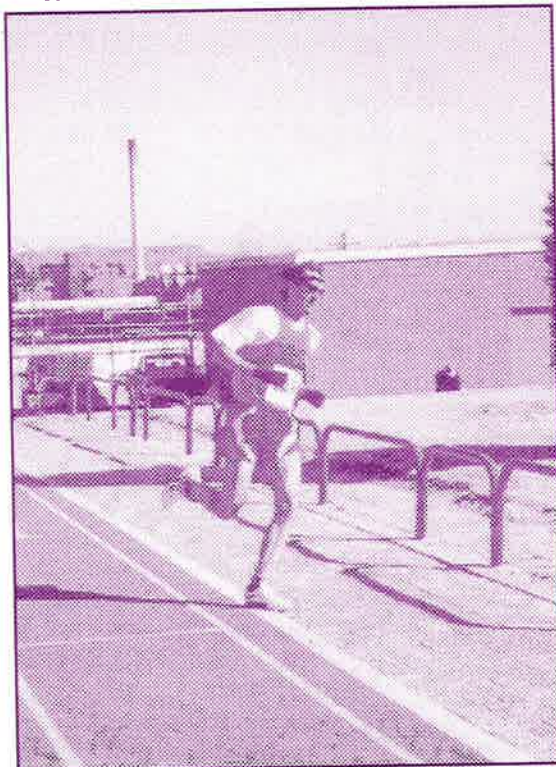
Issues of "Footprints" are not forwarded. Hence, if you move, please get your new address to the SCR Membership Chair in care of the YMCA at the address listed above.



### Stats that rule

- Each serving of Ramen Noodles contains 7-11 grams of fat. – *Stephanie Brooks, dietitian*
- It costs \$35 to enter the lottery for the Hawaii Ironman. – *Triathlete magazine*
- Using a helmet visor can lower your face skin temperature up to 30 degrees. – *Inside Triathlon*
- In a random survey of cyclists training for the Y-Bi, 97.9% said Ramen Noodles fat and warm facial skin when cycling were preferable to reading an issue of "Footprints." – *Pollsters Unlimited*

## Spring Runoff



**Brian Cathcart and the elite runners knew something was fishy about the 5K distance.**

*Photo by Gary Franchi*

*Continued from Page 1*

him in the cutline under his photo in last month's issue. The Rock actually ran a 47:04 in the 10K, as was noted in the results, NOT the 47:55 that I listed. Remember, that's a 47:04 with a torn ACL.

Just remember, the more you do, the more that happens. And you know what kind of "that" I'm talking about.

A Spring Runoff wrapup meeting has been held, and organizers discussed some of some of the little problems that occurred this year, which was the first venture with the new Runoff courses. They will be working to iron out those glitches before next year's event.

Little things like not having a starting line etched in chalk in the Dutch Clark Stadium parking lot. Making sure there is a PA system in the parking lot before the race. Having more course marshalls on the course, including at the fork in the road where the 10K and 10-mile runners split.

The 2001 Spring Runoff was a tremendous success, and next year's version will be even better.

# YMCA WORLD'S LARGEST RUN

Saturday, June 2, 2001  
8 a.m. Pueblo, Colorado

	If registered by May 18, 2001	If registered on/after May 19, 2001
ADULT Ages 13 or older	\$15.00 per person	\$18.00 per person
CHILD Ages 6-12	\$5.00 per person	\$5.00 per person
CHILD	FREE	FREE

Entry fee includes the national YMCA World's Largest Run commemorative race T-shirt for adult and youth participants ages 6 and up.

## ENTRY FEES HOW TO REGISTER

### CHOOSE ONE OF TWO METHODS:

#### FAST, EASY AND SAFE ONLINE

To register for one of the 700 sites of the YMCA World's Largest Run, go to [www.ymca.net](http://www.ymca.net) to register online. A confirmation e-mail will be sent to verify your registration. You can even forward the YMCA World's Largest Run event information from the registration site to friends and colleagues. Remember to choose the city location in which you plan to run or walk; registrations are not transferable from site to site.

#### OR CONVENIENT AND IN PERSON

YMCA of Pueblo  
700 N. Albany Avenue  
Pueblo, Colorado

# 5K run and fun walk Saturday, June 2nd

## BE A PART OF HISTORY 700 cities across America - one synchronized start time

Pre-register by mailing entry to:

YMCA of Pueblo  
700 N. Albany Avenue  
Pueblo, CO 81003

Make checks payable to YMCA  
of Pueblo  
or register at [www.ymca.net](http://www.ymca.net)



Race begins at 8:00 a.m.

Check-in/race day registration begins at 6:30 a.m.

Race starts and ends near the YMCA at 8th and Albany

Free T-shirt • refreshments • certificates to all finishers

Awards to overall male/female and

top three age division winners in the following categories: 6-8, 9-11, 12-15, 16-19, 20-29, 30-39, 40-49, 50-59 and 60 & over

YMCA Open House with free swim

following the event

Enjoy entertainment along the course!

For more information contact the YMCA at 543-5151



YMCA

We build strong kids,  
strong families, strong communities.



## YMCA WORLD'S LARGEST RUN

Name \_\_\_\_\_ M F Age on race day \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone (H) \_\_\_\_\_ (W) \_\_\_\_\_ E-mail \_\_\_\_\_  
 Emergency Contact Name \_\_\_\_\_ Phone Number \_\_\_\_\_  
 Shirt Size: Adult  S  M  L  XL Youth  S  M  L  
 As of today are you a YMCA member?  Yes  No Select One:  5K Run  Fun Walk

### PARTICIPATION WAIVER

In consideration of the foregoing, I for myself, my heirs and personal representatives, waive and release any and all rights and claims for damages I have against the Southern Colorado Runners, the YMCA of Pueblo and all of their sponsors and their representatives. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been verified by a licensed medical doctor. I hereby grant permission to any and all of the foregoing to use my likeness for any purpose whatsoever. I understand that my fee is non-refundable and numbers are non-transferable.

Signature of Participate \_\_\_\_\_ Date \_\_\_\_\_  
 Parent's Signature (if under 18 years) \_\_\_\_\_

Acct.# (1-015-13038)	Amount Paid	Receipt #	Staff	Date
----------------------	-------------	-----------	-------	------

## BE A PART OF HISTORY

The YMCA World's Largest Run is an unprecedented national event, and you can play a part

In celebration of the YMCA's 150th anniversary in America, 1,300 YMCAs will be hosting a unified 5K run and fun walk on June 2, 2001, in 700 cities. That's right, one race, one synchronized start time across the country, and in your community. The run and fun walk are designed for individual and family/group participation at all levels of athletic abilities.

## YOUR PARTICIPATION SUPPORTS THE YMCA OF PUEBLO

You will play an essential role in improving our community just by participating in this event! All event proceeds benefit YMCA programs in our area, programs that build strong kids, strong families and strong communities. As a not-for-profit community service organization, the YMCA will put the funds toward community programs, such as wellness classes, summer camps, child care, teen outreach and job training. Together, 2,400 YMCAs are the largest not-for-profit community organizations in the nation, serving people of all faiths, races, ages, abilities and incomes. In fact, no one is turned away for inability to pay.

For more information regarding YMCA programs, membership and volunteer opportunities, or to consider a charitable donation, please contact the YMCA.

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719-564-7641



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present

# THE PANORAMIC

## Benefiting the Colorado School for the Deaf and the Blind

*Saturday,  
May 12, 2001*

*Kids fun run - 8:15 a.m.      4 mile run - 8:30 a.m.*

**Where: The wide, maintained trails within the east section of Bear Creek Park between 21<sup>st</sup> Street and 8<sup>th</sup> Street.**

**Start/Parking/Refreshments: At the community gardens immediately southeast of the Park Headquarters building. Access from Rio Grande Avenue 1/10th mile east of 21<sup>st</sup> St.**

### ENJOY GREAT SCENERY, TRAILS, MUSIC AND FUN.

**Kids fun run - free      4 mile run: \$10.00 (\$8.00 for members of PPRR or So Colo Runners)**

**Awards: 1<sup>st</sup> overall M/F. Age division in 10-year increments, 3 deep. No duplicate awards.**

**Shirts. The purpose of this race is to generate funds for the School athletic programs. So, rather than spend more than half the entry fees on shirts, and since most runners have plenty of shirts, there won't be a Panoramic race shirt. (However, if anyone who completes the race would like a shirt we'll have some on hand from other races.)**

**Race day registration and packet pick up begin at 7:45 a.m.**

**If you wish, use your credit card and for a small fee register on-line: [www.active.com](http://www.active.com)**

Last Name:		First Name:	
Street Address:			
City:		State:	ZIP:
Age on May 12, 2001:		Sex: Male	Female
PPRR member? Yes		Southern Colo Runners member? Yes	

**Race Waiver:** I accept that running a trail race is a potentially hazardous activity that can cause injury or death. I know that I should not enter and run the race unless I am medically able and properly trained and, by my signature, I certify that I am medically able to perform this event, am in good health, and am properly trained. I agree to abide by the decision of a race staff official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event including but not limited to: falls, contact with other participants or race staff persons, the effects of weather and the conditions of the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Pikes Peak Road Runners Club, El Paso County, all other entities and all sponsors their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in the waiver.



**Signature of applicant:** \_\_\_\_\_  
 Parent/Guardian sign if applicant is under 18 years of age  
**MAIL TO: PPRR, POB 1694, C.S., CO 80901**  
**Need more information? 719/687-2135**

**Get involved with running and join in the fun!**





# Custer 2020



Second Annual

# "Run in the Valley"

**SATURDAY, MAY 26, 2001**

### Purpose:

Your entry fee helps fund the Custer 2020 drive to build an intergeneration recreation center for Custer County. It is our lifetime commitment to promote health and recreation in the Wet Mountain Valley.

### Directions:

Custer 2020 "Run in the Valley" will be held near Westcliffe and Silver Cliff in beautiful Custer County. At an elevation of 7,800 feet (HYDRATE!), Custer County is located at the base of the Sangre de Cristo mountain range. (See map on reverse side of flyer.)

### SIGN - UP:

By mail through May 19, 2001. Race day registration from 6:30 a.m. until 7:30 a.m. You will be able to pick up your race packet and Long Sleeve T-shirt on race day!

### Race Day Schedule

Race Day Registration	6:30 - 7:30 a.m.
5K Run	8:00 a.m.
1 Mile Fun Run/Walk	8:15 a.m.
Awards	9:30 a.m.

### Entry Fees:

5K (through May 19th)	\$18.00
5K (on race day)	\$20.00
1 Mile (No Shirt)	\$ 5.00
Kids under 6	FREE

### Awards

Top overall finishers in 5K men's and women's race  
 Top three men and women in each age group in the 5K race\*  
 Ribbons will be given to all 1 mile finishers  
 \*Age Groups: 14 and under, 15 - 19, 20 - 29, 30 -39, 40 -49, 50 -59, 60 and over.

## ENTRY FORM

Mail completed form and fee to:

Custer 2020, P.O. Box 326, Westcliffe, CO 81252

5 K

1 Mile Fun Run/Walk

Last Name: \_\_\_\_\_

First Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Age on Race Day: \_\_\_\_\_  M  F

T-Shirt Size (5K Only / circle one) S M L XL  
(Long Sleeve T-Shirt)

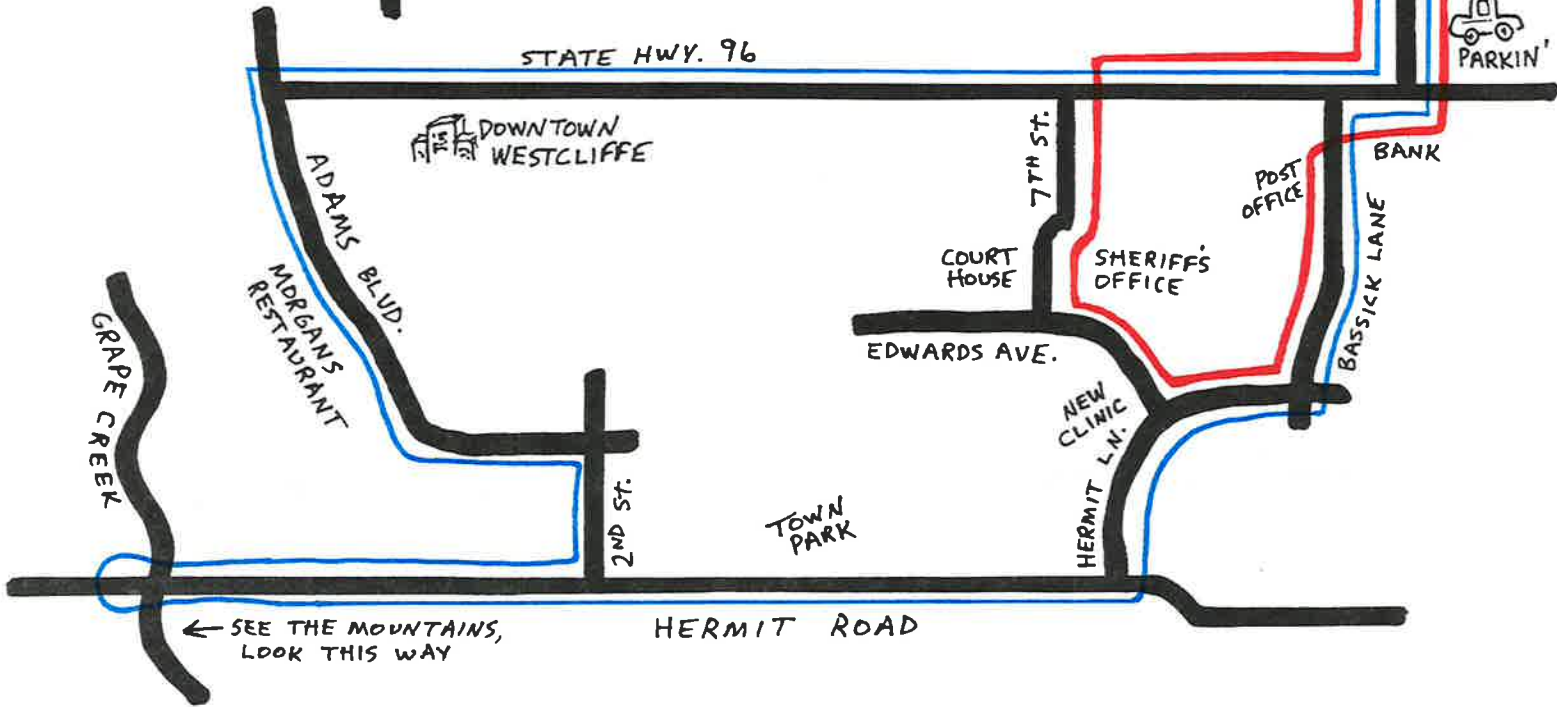
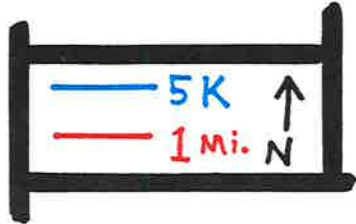
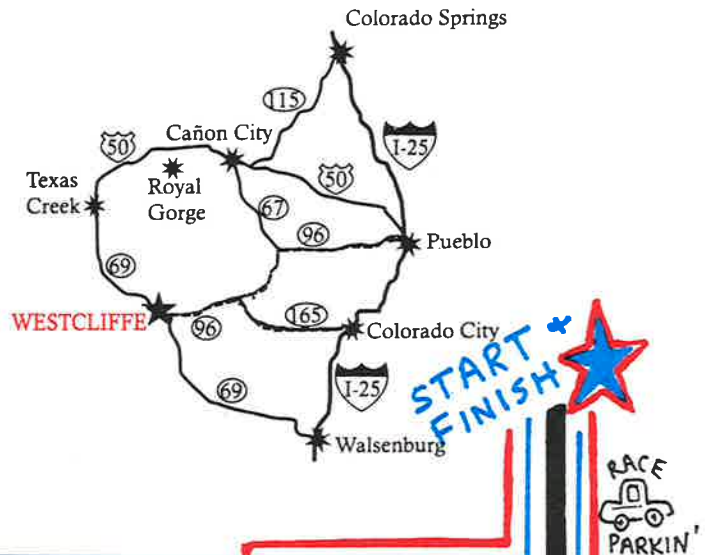
### WAIVER

In consideration of your accepting my race entry in the Custer 2020 "Run in the Valley", I am intending to be legally bound for myself, my heirs, executors, and administrators, and do hereby release and discharge any and all organizers and sponsors from any and all liability or obligation to me. I also understand and agree that the event may subsequently use for publicity and/or promotional purposes my name or picture of me participating in this event without liability or obligation to me. I have read the entry form and all information contained within the event brochure provided and certify compliance by my signature. I also agree that my entry fees, once paid, are non-refundable.

I have read and agree to the terms of the waiver on this form.

Signature (if under 18, your parent/guardian must sign)

# DIRECTIONS TO WESTCLIFFE AND A COURSE MAP



## Other Events

Memorial Day Parade

11:00 a.m.

All Aboard Westcliffe Breakfast at Caboose

Other Fun Activities

## Lodging

Several fine Motels, Bed and Breakfasts and camping available.

## Race Day Services

Race Photos Available / Massage Therapy  
Water and Fruit / Restrooms



**Custer County Merchant's  
and Chamber of Commerce**

<http://www.custercountyco.com>

1-877-793-3170

**Thanks to all our supporters  
and volunteers who made  
this event possible!**

**ALL DONATIONS ACCEPTED**



# TOTAL *terrain, inc.*

presents our annual

## CINCO DE MAYO

# 10K RUN 2001

Sleeveless  
T-shirts will  
be given to  
all entrants.

### Age Divisions:

19 years & under  
20-29 years old  
30-39 years old  
40-49 years old  
50-59 years old  
60-69 years old  
70 years & older



**Date: Sunday, May 6, 2001**

**Time: 9:00 am**

**Pre-register by: April 30, 2001**

#### Entry fees:

- \$12.00 for SCR Members
- \$14.00 for Non-SCR Members
- \$18.00 for Late Register (after April 30)
- Forms available at:  
Gold Dust Saloon-217 S. Union Avenue  
Pueblo YMCA-700 Albany Avenue

**Race to begin and end at the Colorado State Fair**

**\* Custom Medals will be awarded\***

For more information or to register call:

**Jeff Arnold at 719-947-3682**

#### WAIVER STATEMENT

**(must be signed and submitted with registration and entry fee)**

In consideration of the foregoing, I for myself, my heirs and personal representatives, waive and release any and all rights and claims for damages I have against Southern Colorado Runners Club, its principals, Total Terrain, Inc, The City of Pueblo, School District #60, all sponsors and their representatives and any and all claims of damages, demands, actions whatsoever in any manner, as a result of my participating in said race. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event. Further, I hereby grant full permission to any and all of the foregoing to use my likeness for any purpose whatsoever. I understand that my entry fee is non-refundable and numbers are non-transferable. I further understand that I will run on the race course as it is laid out and I will be eliminated from competition if I am not on the prescribed race course.

#### Mail or deliver form to:

Southern Colorado Runners  
C/o Gold Dust Saloon  
217 South Union Avenue  
Pueblo, CO 81003

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

T-shirt Size: S M L XL

Signature \_\_\_\_\_

Date \_\_\_\_\_

Sex \_\_\_\_\_

Age on race day \_\_\_\_\_

Signature of parent or guardian if under 18 years of age. \_\_\_\_\_

Date \_\_\_\_\_



