



EDITOR: Gary Franchi

FOOTPRINTS

Purveyor of high-quality fiction.

♣ May 2001 edition for all war veterans

Y-Bi has new year but familiar old lousy weather

The month of April was marked by increasingly warmer temperatures, lots of sunshine, a weird four straight days of rain, and one day of unusually cold weather that brought with it snow in one isolated area of Pueblo West for a brief period of time. That, of course, was during the Y-Bi Classic duathlon.

This has become tradition. A bad habit. Great weather the day before. Lousy weather the day of. Usually much improved weather the day after. So it goes.

There were some notable occurrences this year concerning the Y-Bi. First is that 48 duathletes survived. Two, there actually were about a dozen people who registered the morning of the race. What were they thinking? Also, about 40% of the field either had enough sense to drop out after the bike leg or were even smarter and didn't bother to show up on race day at all. See – some endurance athletes DO have brains after all!

The date of the Y-Bi has gradually been moved forward from the start of April to now late in the month, but the event just seems to be snakebit by Mother Nature. Now there is talk by Race Director Ben "Gray Cloud" Valdez of possibly moving the location of the race to the North Shore Marina and making it a run-bike-run event like most other duathlons.



The white stuff had one last seasonal run at the Y-Bi Classic duathlon April 22.

Photo by Gary Franchi





Buddy sez:

"I hear runners have the chance to take part in a Torch Run in Pueblo. It's true! The annual Law Enforcement Torch Run will journey through Pueblo on Saturday, May 26, and you can be part of it. The local group will be joined by runners from adjoining towns at about 10 a.m. at the Pueblo Convention Center. They'll run at an easy pace from there to the Red Lobster restaurant on North Elizabeth Street where a celebration will take place including a news conference, whatever that is, and a proclamation to be read by Pueblo's City Council. Donations that day will help fund the state's Special Olympics to be held June 2-3 in Fort Collins. Pretty cool! Hope there's a good turnout. See ya later."



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

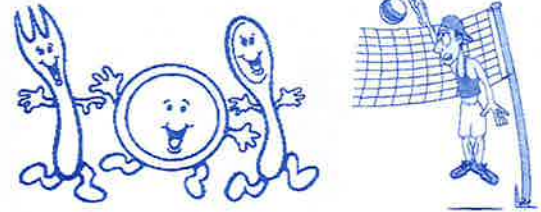
510 N. Washington St.,
Alexandria, VA 22314
or at www.rrca.org

Celebrate Father's Day at the SCR Picnic

SCR members and their families will be able to make Father's Day a special one next month when the annual SCR Picnic is held on Sunday, June 17, at Greenhorn Meadows Park in Colorado City.

The picnic will begin at High Noon, with the chow train to begin at 1 p.m. Bring lawn chairs with you. And baseball gloves.

The picnic site has been held at this same location several years for many reasons: There is a nice picnic grounds, we have access to a softball field, there is a nice volleyball court, and the weather in Colorado City is usually cooler than it is in Pueblo in June. We usually have some kids games, too, although if I remember



correctly – an unlikely possibility – we were remiss in this area last year.

We will have a catered lunch by Pasta Cottage once again, and the picnic is free to club members. What a deal! There is always ample amounts of food and liquid refreshment available to adults and kids. Be there!

For the soul ...

"The world would be a lot better place if everyone was a distance runner." – Weldon Johnson

Club & Fitness Notes

- Club member Sydney Arnold will be turning 57 years of age on May 23, and he invites club members to help him celebrate two days later at 7 p.m. Friday, May 25, at the Gold Dust Saloon, located at 217 S. Union Avenue.
- Thanks to a profit generated by the Spring Runoff, the SCR was able to deposit \$225 in its Youth Fund, a fund that actually had been in the red. With the deposit, the fund now contains \$198. The SCR tries to deposit 5% of the proceeds of races it produces into the Youth Fund to help young athletes attend regional and national competitions.
- The Jeff Galloway Marathon Training Program is again available to runners all across the country. Galloway's training program includes using walking with running. Heidi Dass is the program director for Colorado. Contact her at (303) 282-9585 or at this web site: denver@jeffgalloway.com.

*Have a safe
Memorial Day*

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



About the Editorial consultant – Edward Mahoney is the real name of rock singer Eddie Money.



**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

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Membership Chair	Ken Raich	564-0847
Newsletter Editor	Gary Franchi	676-4100
Editorial Consultant	Nick Nasch, Edward Mahoney*	
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



More good reasons for being a runner

Thought for today's lunch, compliments of Pete Pfitzinger: "The problem with good luck is that you can't depend on it."

Musings on running, fitness, life, etc.:

There are many reasons of why the sport of running is so great. For instance, runners don't really spit very much compared to other athletes.

Well, actually, that isn't one of the reasons I was thinking of, but it IS true. The non-spitting thing, I mean. We spit very little. In fact, I don't think I've ever seen a female spit during a run or a race. Don't they know how to?

The physical benefits of running, of course, are always emphasized. Stronger heart.



The contingent from Chihuahua represents another thing that is good about the sport of running.

Photo by Gary Franchi

Overall healthier cardiovascular system. Ability to count to three during a 5K race. That's sort of a physical benefit, isn't it?

But – as if you weren't suspecting this – there are many non-healthy reminders of running's "positiveness" that I've been contemplating lately, especially because of the current state of society's athletic scene. Here is the latest installment of why it's good to be a runner today:

Running transcends all races, nationalities, cultures, and even genders. This became evident once again when the contingent of runners from Chihuahua, Mexico visited Pueblo and ran in the Cinco de Mayo 10K.

In running, you can't get smashed into the boards from behind as happens constantly in hockey.

In running, you don't have to wear helmets, shoulder pads or other protective equipment. It's you and your shoes, shirt, shorts, and out the door you go.

In running, you don't have to chase a ball

or get hit by a ball. Or a puck.

In running, you don't need to solicit public funding for a new arena or ballpark.

Running has no ability restrictions. You can be slow and still be able to participate.

In running, if the weather sucks, you can stay inside and run on a treadmill.

In running, auto pollution/noise machines can't follow you into the woods or on small trails. It's just you and your surroundings.

In running, you can easily take your activity with you when you travel since the packing is relatively light.

Runners don't hold out for \$15 million contracts.

And if they feel the urge, runners can spit in the great outdoors.

Ten things I was just wondering:

- How can they have a Pueblo to Pueblo Run that's based in Cortez and never comes to Pueblo, Colorado?
- Why do runners leave post-race awards ceremonies after they receive their awards but before the remainder of the awards have been given out?
- If women play basketball with a smaller ball, shouldn't the circumference of the rim be proportionately smaller and the hoop proportionately shorter for them, too?
- Since there are ballparks that have a non-drinking section, what if a ballpark had a library-like reading section? Shhh!
- Speaking of "shhh," what if a road race had a non-cheering rule?
- Wouldn't it be fun if they started the Bolder Boulder's elite runners in the last running wave so that a good part of the field could really experience how fast they are as they zoomed by?
- How many pairs of running shoes did Forrest Gump wear out running across America?
- When is the SCR's Marv Bradley going to run across America?
- Are Shaquille O'Neal and Tatum O'Neal related?
- Wouldn't it be cool if our eyes had a zoom lens function?

Till next month, enjoy the roads, the outdoors, and the lack of greed in running.



Ultimate in idiocy item of the month

This month's *Lights are Dim Award* goes to the U.S. Olympic Committee for dragging its feet. Since the last issue, it has finally reacted to that outrageous display of celebration by the U.S. 400-meter relay team at the last Summer Games in Sydney, Australia, by announcing that it will conduct etiquette training for U.S. athletes. It's about time!



Movie Line of the month:

"Do you believe these new girls? None of them use birth control. And they eat all the steak. They don't even know what it is to be a fan."

This flick just came out on video and on that dish pay service. The lead actress won an Academy Award. But this quote isn't from her. In fact, it's from a bit player who I've never heard of. Hence, if you guess the movie title, that's enough.

Answers below.

Answers:
Liz Stauber in "Almost Famous"



SCR Birthdays

MAY

Diane Lopez	5/20/58
Lori Gregory	5/20/50
Nancy Welch	5/20/52
Sidney Arnold	5/23/44
Lois Pfost	5/26/42
Ann M. Hulett	5/26/59
Stephany Farley	5/30/88

JUNE

Steve Rutledge	6/4/52
Matt Sherman	6/4/72
David Crockenberg	6/5/47
Martha J. Kinsinger	6/5/34
Maria Appenzeller	6/6/62
Marla Winn	6/6/50
Steve Farley	6/6/50
Jennie L. Shaydak	6/7/77
James Robinson	6/8/51
Laura Landes	6/10/63
Rebecca Stringer	6/10/53
Margaret Vorndam	6/11/51
Alan Kochevar	6/12/44
Jan Huie	6/14/49
Lillian Jones	6/14/57
Robert Brace	6/15/88
Melina Hernandez	6/15/83
Traci Tafoya	6/16/73
Deb Robeda	6/16/50
Helen Caprioglio	6/17/61
Hilbert Navarro	6/18/40
Kenneth Price	6/18/43
Donna Nicholas-Griesel	6/20/46
Donna Wheeler	6/20/48
Lorraine Hoyle	6/22/47
Jesse Stommel	6/26/76
Tracy W. Gunn	6/27/57
Gary C. Rael	6/29/65
Brendan Dorsey-Spitz	6/30/86

Quoteworthy

"I always congratulate the winners if I see them at the end. I also congratulate everybody else, especially those in my age group who beat me, those sons of bitches."

— Irving S. Rosenfeld

Rocky on Fitness

by Rocky Khosla, M.D.

The doc learns a few things about torn ACLs

Well, I had my ACL reconstruction done on April 25 and have learned a whole lot of things that I never knew before.

Just to review, the ACL (anterior cruciate ligament) is a major support ligament for the knee and keeps the thigh bone (the femur) from moving forward relative to the lower leg. I tore my ACL on February 23 of this year skiing in Taos, New Mexico.

Most people who tear their ACL have lots of pain and swelling. I had neither. In fact, I was able to run and bike with minimal pain right up to the day of my surgery. In fact, I ran 10 miles on the morning of the surgery since I knew that I wouldn't be able to run for a while after the surgery.

I had always thought and been taught that active people who had torn their ACLs had grossly unstable knees and had to be restricted from any significant activities till they had their ACLs reconstructed. What I had learned is that if the quadriceps and hamstring muscles are strong enough, the knee really will not appear loose, and most of these people can do linear activities such as running, biking, stairmaster, etc., without much trouble. Doing cutting sports such as soccer, mogul skiing, etc., are not a good idea even for these folks since it may increase the risk of doing more damage to the cartilage in the knee.

In the past, people who had ACL reconstruction had to have the knee opened and suffered through a long rehabilitation, with gradual return to activity. I am pleased to say that I had my ACL reconstructed completely through the arthroscope and had 3 tiny poke holes on my knee that have already healed up. I had this done on a same-day surgery basis and was home that afternoon. I did an upper body workout the next

day, was on crutches for 48 more hours, and have been doing stairmaster and elliptical cycle workouts since then with no problems.

I also had thought that the patellar tendon (this connects and hold the kneecap from the bottom of the quadriceps to the front of the tibia) was the only tendon to consider for use as the graft for the ACL reconstruction. It turns out that for us runners, the hamstring may be a better tendon for the graft, and this may give us less trouble with pain and inflammation once we start running again. So my ACL was reconstructed using a piece of my hamstring tendon.

After knee surgery, I had always told patients to use ice packs. After my surgery, I had a knee brace on with a neat new cooling system that beats the heck out of ice packs! Basically, there was a water-filled bladder on top of ace wraps, which was connected to a hose that circulated ice water from a cooler to my knee and then back to the cooler. I credit this little doohickey for cutting to nothing any knee swelling that may have been waiting to develop.

Lastly, when using crutches, I have learned to lead with the bad leg when going down stairs, and with the good leg going up stairs. Remember this little pearl if ever the situation arises.

I am going through a little runner's withdrawal, but have found other exercises that have almost made up for the lack of running. But I can't wait till June 2nd, which should be my first day back to running. Thanks for all of the support I have been getting from all of you guys and gals. Go out and have a great run for me!



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Trail Notes

by Shaun Gogarty



Finding a new way to traverse the trails

Working in an emergency department has not exactly enamored me with the sport of mountain biking. Too frequently I've seen the broken collarbones, dislocated shoulders and gravel-impregnated epidermis that result from mountain bike mismanagement. Of course, if I avoided everything that I see causing injuries at work, I'd pretty much be at home in a padded room (where some of you think I belong anyways).

So in spite of my exposure to the injuries of the weekend warriors, I purchased my own mountain bike. I came up with a lot of great reasons why I needed one. My wife can provide you with the complete list if necessary to help you make your own purchase. Bottom line: I am now riding as well as running the trails and I now find it necessary to offer a comparative analysis between trail running and riding.

The first BIG difference between mountain biking and trail running is that the cost of a bike can equal anywhere from a year's supply of shoes up to a lifetime supply of shoes. Yes, some mountain bikes can cost more than your first car. You can find out why they are so expensive at your local bike shop. They can spend hours explaining how your bike is made out of the same material as an F-16 fighter jet. They sound very convincing, but I still don't understand why anyone would pay enough to fly, but end up pedaling. For me the final decision was easy – I liked the red and black bikes. With running shoes it is a lot easier. You put on a pair, you run a little bit, they feel good, and you buy them. Of course, not having to use your kid's college fund for a shoe purchase does make it easier.

Getting ready to run or ride is the next clearly different experience. When you want to run, all you have to do is look around the floor of your room or the dirty clothes hamper until you find shorts, shirt and socks. Who cares if they stink, you'll be alone anyway and stinking even more within a few miles. However, biking requires some serious preparation. No one has explained why, but you have to have everything matching. If your helmet clashes with your shorts, you wouldn't even think of leaving the garage. And not only do the clothes have to match, they have to be bright and flowery. If I had

worn something like today's bike clothes back in high school, I might never have lived to graduate.

Next, I'm sorry, but let's just face it – mountain biking is easier than trail running. When it gets steep on the old trail run, what do you do – shift into a different gear? NO!! You just have to breathe harder and hurt worse. When you finally get to the top of a hill running, can you coast? NO!! You have to keep running to keep moving, while bikers just sits back and relax while they sip on a water bottle or suck from some "special" color-coordinated hydration pack.

Meanwhile, the runner at the top of hill is gagging from the water in his lungs after trying to breathe and drink simultaneously. And when the run is over, who really had the best workout? The runner, of course! You know this because the runner hurts a lot more than the biker. Ankles have been twisted, knees have been pounded and the lumbar spine has been pounded to powder – with all that pain it couldn't be anything but a great workout!

The big upside to mountain biking is that everyone knows that you are a biker. First of all, no one else would be caught dead dressing like that. But more importantly, you get to drive around with your bike on top of your car like a big trophy. When you head to the trails to run, you just look like another nobody on your way to work, although I have written Yakima and proposed a "Trail Shoe" attachment for bike racks. I hope it catches on, but I haven't worked out all the details yet, especially with regards to rain and locks.

Anyway, I'll admit I like the new experience of actually feeling the wind in my face because of my own speed. And a good ride does provide a decent workout without the joint injury (unless you crash). However, if you want to really get a tough, quick, inexpensive workout – stick with trail running. And if you really feel the need to do something different, I suggest some cross-dressing; it is a lot cheaper than what the cross-training biking provides and you might even look better than you would in bike shorts!



Training to do your best

The benefits of visualization

The next time you find yourself not wanting to exercise, practice visualization to motivate yourself.

"As you sit watching television, imagine your motionless body getting stale," said Dr. Goodrick, a psychologist and an assistant professor of family and community medicine at Baylor College of Medicine.

"Imagine the nutrients in your body being converted to fat instead of feeding muscle. Then in contrast think about the healthful effects of exercise. Sense that your muscles are becoming stronger and stronger. Enjoy the feelings of energy that flow through your body."

Practice the same techniques while exercising to keep your momentum going. Focus on the oxygen getting into your lungs and blood. Imagine your circulation improving. The key is to fill your mind with positive images to counter the excuses most people use to avoid exercise.

"In order to realize your fitness goal, you must have a clear picture of that goal," Goodrick said. "The good news is that eventually exercise will become its own reward because of the good feelings it can produce, along with increased energy."

– The Baylor School of Medicine



Run for the Summit

Races held April 21, 2001 in Pueblo West.
Results provided by John Dengler.

Kids 9-under 1-mile race:

Male – 1, Max Berry, 6:36. 2, Chad Figgins. 3, Tyler Berry.
Female - 1, Hannah Blagg, 7:22, 2, Liz Lata.

5K (3.1 miles)

Overall winners:

Male -- Rich Hadley, 17:58. Female -- Barb Fox, 19:37.

Age-division finishers:

Males

10-19 – 1, Nick Ross, 20:22. 2, (tie) Micah Holt and Andrew Ritterling, 29:19. 4, Josh Berry.
20-29 – 1, Matt Sherman, 19:24. 2, Jared Vasquez, 21:17. 3, Andrew Hackler, 36:22.
30-39 – 1, Mike Berry, 20:01. Brian Ropp, 21:46. 3, J.C.

Females

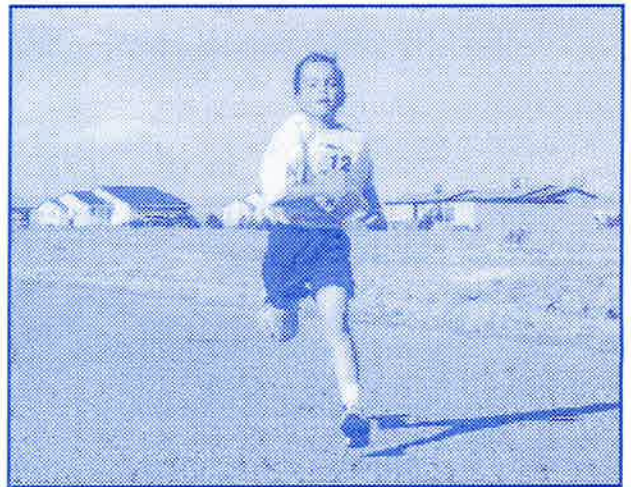
10-19 – 1, Rebecca Blagg, 26:30. 2, Elise Berry.
20-29 – 1, Christina Hackler, 36:22.
30-39 – 1, Barb Fox, 19:37. 2, Misti Frey, 28:30. 3, Jill Montera, 28:41.
40-49 – 1, Diane Lopez, 24:25. 2, Marijane Martinez, 28:40. 3, Deb Hadley, 29:27. 4, Vonnie Berry.

It's a Garden party for locals

A few SCR runners were superb in the Run in the Garden 5K and 5M races held May 5 in Colorado Springs. On the male side, Andrew Hackler of Pueblo West was 4th overall and first in the 30-34 division in the 5K race with a 17:49 time. Canaan Vallejos took 1st in the 14-under division with a 19:50 time. Mark Stinchcomb was 2nd in the 45-49 division with a 22:11 time. Hackler and Stinchcomb were 1-2 among Clydesdales. In the 5-mile race, Elizabeth Ross was 8th overall and 3rd in the 20-24 age division with her 37:26 time.



Diane Lopez and Raul San Miguel kept each other company to the finish line.



Max Berry finishes his sterling 6:36 time that enabled him to win the 9-under division 1-mile race.

Diana runs 1st half-marathon

The SCR's Diana Johnson is already looking ahead to running the Grandma's Marathon in Duluth, Minnesota, next month after completing her first half-marathon – the Horsetooth in Fort Collins – in 2:18. She was 17th in the 50-54 division.

Prediction Race Series

2001 Prediction Series Standings

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
Kyle Reno		4.17		4.17

Next SCR Meeting

The next SCR meeting will be held at 7 p.m. Tuesday, June 5, at the Pueblo YMCA in downtown Pueblo. Any SCR member may attend.

Y-Bi Classic Duathlon

Races held April 21, 2001 in Pueblo West.
Results provided by Michael Orendorff.

Overall winners:

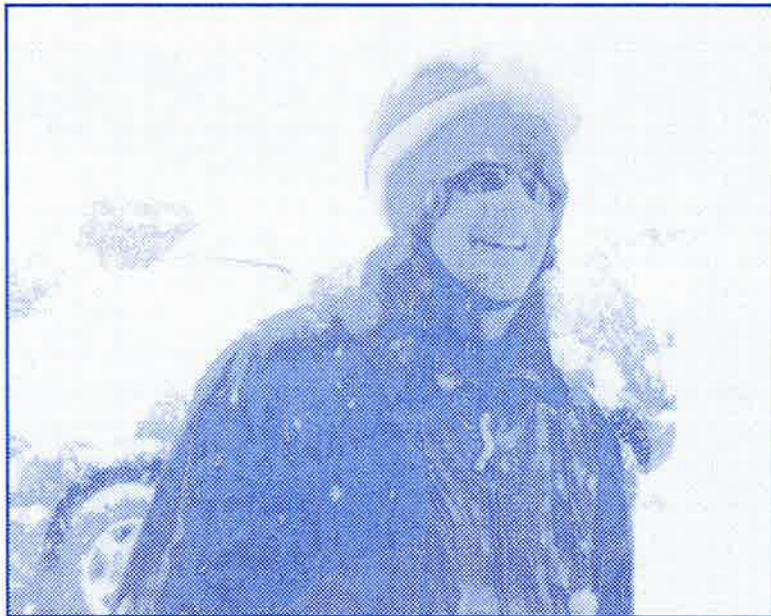
Male – Andrew Hackler, 1:12:25 **Female** – Kim Eggert, 1:22:30



Andrew Hackler navigates the final slippery yards of the run leg to capture first-place overall honors. *Photos by Gary Franchi*

Age	Duathlete	City	Bike	Run	Total Time
1, 33	Andrew Hackler	Pueblo	33:28	38:57	1:12:25
2, 37	Larry Seidman	Colo Sprgs	32:15	40:21	1:12:36
3, 40	Rick Shoulberg	Manitou	34:43	38:28	1:13:11
4, 32	Lon Thurman	Colo Sprgs	33:12	40:59	1:14:11
5, 39	David Wason	Longmont	33:04	42:18	1:15:22
6, 41	Mark Koch	Pueblo	34:51	41:33	1:16:24
7, 28	Teddy Holt	Colo Sprgs	35:17	41:19	1:16:36
8, 36	Tom Roemer	Colo Sprgs	37:35	39:30	1:17:05
9, 31	Ben Kirk	Colo Sprgs	33:28	43:48	1:17:16
10, 29	Brandon Derco	Colo Sprgs	33:16	44:03	1:17:19
11, 29	Gerald Romero	Colo Sprgs	38:43	38:47	1:17:30
12, 35	Stephen P. Smith	Colo Sprgs	36:48	40:53	1:17:41
13, 34	Steve Martinez	Monument	37:34	42:10	1:19:44
14, 43	Victor Olguin	Pueblo	38:53	41:10	1:20:03
15, 44	Roger Patrizio	Green Mtn	36:55	43:15	1:20:10
16, 42	Bill Banowsky	Littleton	36:39	44:01	1:20:40
17, 22	Branden Mast	Colo Sprgs	39:04	42:02	1:21:06
18, 32	Mark C. Tameler	Parker	39:46	41:46	1:21:32
19, 31	Jonathan Veteto	Colo Sprgs	36:28	45:05	1:21:33
20, 39	Kim Eggert	Creede	38:49	43:41	1:22:30
21, 28	Larry G. Workman	Colo Sprgs	36:59	45:41	1:22:40
22, 50	Hector Leyba	Penrose	39:04	43:43	1:22:47
23, 24	Elizabeth Ross	Pueblo	37:53	44:58	1:22:51
24, 28	Senya Roscovius	Colo Sprgs	40:00	43:57	1:23:57
25, 29	Charles Chalfont	Fountain	35:02	49:31	1:24:33
26, 52	Pat Drayton	Green Mtn	39:40	46:05	1:25:45
27, 29	Lawrence Davis	Pueblo	-	-	1:26:05
28, 37	Ross Barnhart	Pueblo	42:58	45:15	1:28:13
29, 48	Kerstin Leiff	Boulder	39:40	49:50	1:29:30
30, 36	Karl S. Tameler	Beulah	43:52	46:35	1:30:27
31, 24	Lesli Marquez	Pueblo	39:46	51:07	1:30:53

32, 45	Howard Stringert	Pueblo	41:30	49:25	1:30:55
33, 27	Richard T. Hogan	Pueblo West	48:22	45:14	1:33:36
34, 29	Ben Fibbe	Colo Sprgs	44:40	49:53	1:34:33
35, 47	M. Shepperdson	Colo Sprgs	43:52	52:29	1:36:21
36, 50	S. Fuhrmann	Monument	41:50	55:26	1:37:16
37, 48	Marijane Martinez	Pueblo	48:36	51:57	1:40:33
38, 50	Dan Ottersberg	Pueblo	51:00	49:44	1:40:44
39, 38	Shawn Shelton	Pueblo	49:12	54:09	1:43:21
40, 46	Jan Dudley	Pueblo	41:50	1:06:26	1:48:16
41, 51	Bev Skroch	Creede	51:51	58:10	1:50:01
42, 29	Chad Clark	Pueblo	52:38	58:39	1:51:17
43, 37	Mark Jakusovszky	Colo Sprgs	45:50	1:05:53	1:51:43
44, 43	Vicki L. Gricius	Colo Sprgs	-	-	1:51:54
45, 34	Edie Lindeburg	Parker	54:03	59:01	1:53:04
46, 42	Paul DellaGuardia	Colo City	50:16	1:05:14	1:55:30
47, 26	Erik Ahlgren	Englewood	1:01:00	55:49	1:56:49
48, 26	Melissa France	Fort Collins	54:10	1:02:41	1:56:51



Paul DallaGuardia (at left) had snow accumulate on his helmet after he forgot to discard it following the bike leg. Above, Spot was smart enough to stay inside.

Next SCR Meeting

The next SCR meeting will be held at 7 p.m. Tuesday, June 5, at the Pueblo YMCA in downtown Pueblo. Any SCR member may attend.

Cinco de Mayo 10K

10K race held May 6, 2001 at the State Fair Grounds in Pueblo.
Results provided by Jeff Arnold.

Overall winners:
Male – Royce Banda, 35:33
Female – Barb Fox, 42:59



He's Marv-elous once again

The SCR's Marv Bradley of Cañon City has completed yet another marathon. This time Marv, 62, finished the CVS Pharmacy Cleveland Marathon in 3 hours and 43 minutes, which was good enough to place him 3rd in his age division. A 100-miler in Wisconsin is next on tap for Marv in June. Marv is pictured above in the Cinco de Mayo, where he took first in his age division with a 44:30 time.

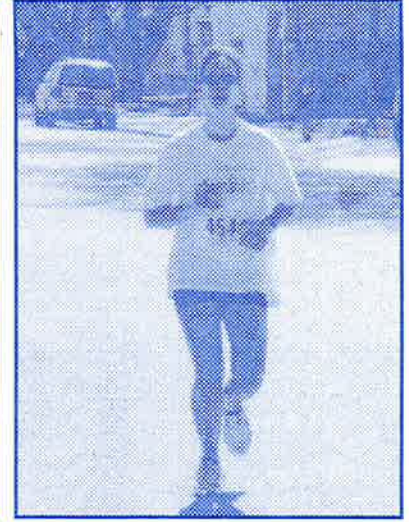
Coach wins his 3rd in a row

For Royce Banda of Chihuahua, Mexico, this year's victory was his 3rd in a row in the Cinco de Mayo 10K. Royce, who is the coach of the Banda Running Club, had a 35:33 time this year. Two other members of the Banda club also made the trip to Pueblo and ran in the Cinco 10K race.

Runner	Age	Time
1 Royce Banda	34	35:33
2 Ramon Dominguez	17	36:13
3 Antonio Cisneros	44	37:10
4 Alejandro Dominguez	22	38:41
5 Johnny Ray Garcia	44	38:55
6 Rob Pedretti	36	39:01
7 Rich Hadley	45	39:13
8 Regie Marquez	24	39:22
9 John Shanks	42	40:03
10 John Montoya	43	40:25
11 Fausto Olivias	53	40:32
12 Mark Koch	41	40:39
13 Jason Ramos	28	41:57
14 Ron Betz	52	42:12
15 Ben Valdez	41	42:58
16 Victor Olguin	43	42:58
17 Barb Fox (F)	35	42:59
18 Dave Diaz	52	43:19
19 Robert Santoyo	39	43:25
20 Mirna Ramirez (F)	18	43:30
21 Richard Hogan	27	43:53
22 Rick Hough	36	44:06
23 Marv Bradley	62	44:30
24 Pete Doyle	54	44:34
25 Matt Sherman	28	45:23
26 Bill Veges	43	45:30
27 Joe Mock	19	45:57
28 Argentina Montoya (F)	22	46:03
29 Sam McClure	47	46:21
30 Stan Hren	57	46:37
31 Guillermo Garibay	50	47:13
32 Ross Barnhart	37	47:27
33 Liz Ross (F)	24	47:54
34 Stephen Minnich	51	48:03
35 Michael Sanchez	40	48:16
36 Lorraine Hoyle (F)	53	48:49
37 Paul Von Der Gathen	59	49:28
38 Mike Borton	46	49:49
39 Brian Ropp	37	50:04
40 Jennifer Alvarado (F)	30	50:20



Jennifer Alvarado's 50:20 time paced her age division.



Elizabeth Ross was the 2nd area female finisher in 47:54.

41 Robin Kreuger (F)	32	50:28	67 Peggy Massie (F)	43	1:03:33
42 Marijane Martinez (F)	48	51:04	68 Barbara Berge (F)	42	1:10:43
43 Hilbert Navarro	60	51:27	69 Heather Perkins (F)	13	1:04:39
44 Henry Hund	59	51:44	70 Danielle Perkins (F)	15	1:04:39
45 Diane Lopez (F)	42	52:20	71 D. Nicholas-Griesel (F)	54	1:04:46
46 Raul San Miguel	50	52:20	72 Louis Arteaga	52	1:04:47
47 Ann Hulett	41	53:02	73 Kathleen Spencer (F)	50	1:05:23
48 Nathan Mutz	22	54:08	74 John Lobato	48	1:05:44
49 Anthony Diaz	43	54:10	75 Cathryn Sanchez (F)	39	1:05:45
50 Mark House	41	54:21	76 Diana Reno (F)	38	1:06:22
51 Karen Lundberg (F)	40	55:46	77 Sandra McKenna (F)	48	1:06:48
52 Paul DallaGuardia	43	56:03	78 Tom McKenna	65	1:07:42
53 Jessie Quintana (F)	57	56:19	79 Carmela Aragon (F)	67	1:12:04
54 George Dominguez	61	56:22	80 Cheryl McCoy (F)	56	1:12:52
55 Jaclyn McCluskey (F)	21	56:44	81 Larry Belkin	50	-
56 Boney Cosyleon	51	56:53	82 Elizabeth Perkins (F)	11	1:25:48
57 Xavier Mendoza	52	57:00	83 Cathy Perkins (F)	62	1:29:41
58 Malcolm Singer	60	57:28			
59 William Van Buskirk	65	58:07			
60 Katherine Singer (F)	60	58:45			
61 Cory Rose	13	58:54			
62 Carla Braddy (F)	34	1:00:29			
63 Aaron Diaz	14	1:00:36			
64 Jan Dudley (F)	46	1:00:47			
65 Will Johnson	53	1:01:34			
66 Scott Reno	21	1:02:02			

Volunteer Support

We'd like to thank the volunteers who helped to make this race possible:
• Jeff Arnold - Race Director
• Chief Reno, Kyle Reno, Tiffany Reno, Nick Leyva, Doug Leyva, Pat Berndt, Ryan Montoya, Deb Hadley, Tomas Duran, Gary Franchi - Helpers



Royce Banda's overall victory in 35:33 was his third consecutive overall Cinco de Mayo win.



Barb Fox is congratulated by Race Director Jeff Arnold for her overall women's division

2001 Racing Calendar



Pueblo County - Canon City corridor

May			
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
26	Sat	8:00AM	Run in the Valley, 5K Run & 1M walk Westcliffe (719) 783-0137
June			
2	Sat	8:00AM	World's Largest Race, 5K run & fun walk Pueblo YMCA (719) 543-5151
8	Fri	6:15 PM	Holy Family Run, 5K run & 1.5M walk Prairie & Jones (719) 547-4187
9	Sat	8:00AM	River Run Classic, 5K & 10K Cañon City (719) 275-1578
July			
7	Sat	8:00AM	Women's Distance Festival, 5K run/walk ... City Park (719) 564-6043

Other somewhat nearby areas or just plain popular races

May			
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			
2	Sat	World's Largest Race, 5K & 1M walk ..	Monu. Valley Park, CO Springs (719) 598-2953
2	Sat	Alex Hoag Run for Sunshine, 5K r/w	Colorado Springs (719) 963-0168
10	Sun	Garden of the Gods, 10M	Colorado Springs (719) 473-2625
16	Sat	Sailin' Shoes, 5K, 10K & Kids 1M....	Downtown Colorado Springs (719) 596-3507
23	Sat	Flameout Run, 4M & Kids 1M	Pinon Park, Colo. Springs (719) 598-2953
30	Sat	Dart for Art, 5K & Kids .5M	Monu. Valley Park, CO Springs (719) 575-0375
July			
4	Wed	Firecracker Trail Run, 5K & 10K	Colorado Springs (719) 635-8803
8	Sun	Summer Roundup Trail Run, 12K ...	Penrose Equestrian Center Colorado Springs (719) 473-2625
14	Sat	Run for Hope, 5K	Prospect Lake, CO Springs (719) 598-2953
15	Sun	Barr Trail Mountain Race, 12M	Manitou Springs
21	Sat	Women's Distance Festival, 5K	North Monument Valley Park Colorado Springs (719) 570-1008
28	Sat	Springs Classic 10K	Colorado Springs (719) 635-8803

Regional Marathons (& others of interest)

May			
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
July			
7		Leadville Trail	(719) 486-3502
7		Snow Mountain Trail – Winter Park	(719) 973-7575
28		Deseret News – Salt Lake City, UT	(801) 468-2299
Sept.			
3		American Discovery Trail – CO Springs	(719)
30		Boulder Backroads	(303) 939-9661



Some known 2001 races

- August 4**
Beulah Challenge
- August 4**
Run the Ridge at Peregrine 5K
- August 11**
Woodland Park Mayor's Cup
- August 11**
Georgetown to Idaho Springs Half-Marathon
- August 12**
High Altitude Challenge – 5K, Alamosa
- August 18**
Pikes Peak Ascent
- August 18**
Leadville Trail 100M
- August 19**
Pikes Peak Marathon
- August 25**
Run for Excellence – Fountain
- August 26**
Run the Rock – Castle Rock
- September 2**
Donor Dash, 5K – Wash. Park, Denver
- September 3**
Greater Denver Road Race, 5K – Wash. Park
- September 8**
Imogene Pass Run
- September 8**
Creede Mountain Run
- September 9**
Pony Express Run, 15M
- 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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address to the SCR
Membership Chair in
care of the YMCA at the
address listed above.



Stats that rule

- 40% of all health-related Internet inquiries are on mental-health topics. – *Denver Post*
- 15 million Americans do yoga, twice as many as 5 years ago. – *Newsweek*
- Fetuses of smoking mothers are 50-70% more likely to develop a cleft lip or palate. – *Kevin Chung, University of Michigan professor*
- In a random survey of "Footprints" readers, 91.3% of admitted to making mental-health inquiries via the Internet when not seeking interpretations. – *Pollsters Unlimited*

Racing info. found in a floating bottle

by Mr. Editor

As you read this nonsense (and wish you were, say, picking up dog leavings in the yard instead), the Ordinary Mortals triathlons are either taking place or are history altogether and Ben Valdez is about ready to take a sabbatical to a secluded beach.

But the real meat of the road racing season is just beginning. From here on through the summer, there are races all over Colorado to help you sharpen your running skills and fatten the wallets of the petroleum sales establishments as you drive hither and yon. Here's a quick look at some upcoming races:

Memorial Day weekend

Won't this be fun! Runners and walkers can do a 5K on Saturday, May 26, and then traipse up to Boulder for the Bolder Boulder 10K on Memorial Day. Here's the synopsis:

- On May 26, you can choose between the **Run for Rio 5K** (it's actually longer if they keep the same course) at the high school in Rye or the **Run in the Valley 5K** in Westcliffe. Both are good, quality events with nice courses in clean environments full of

nature's many splendors.

The Run for Rio benefits the Rio Martinez Memorial Scholarship fund and the Donor for Life organization. The race in Westcliffe is a fund-raiser for a rec center, and the entry form says race photos will be available.

- You can run the Saturday race hard and then go up to the **Bolder Boulder** on Monday to just enjoy the race and all its pageantry. I counted something like 23 forms of music along the course when I ran it last year. There was other entertainment along the course, too. And it's nice to finish inside Folsom Stadium. And remember – SCR runners gather annually in Section 215 after the race. Have fun!

Race to the moon in June

- I told you last month all about the **World's Largest Race** on June 2 so there's not much more to say about that.

- The weekend of June 8-9 offers both the **Holy Family Run/Walk** on Friday evening in Pueblo and the **River Run Classic 5K & 10K** in Cañon City the next morning. The Holy Family Run is a flat, fast course, while the Cañon race is along the riverwalk. Enjoy!