

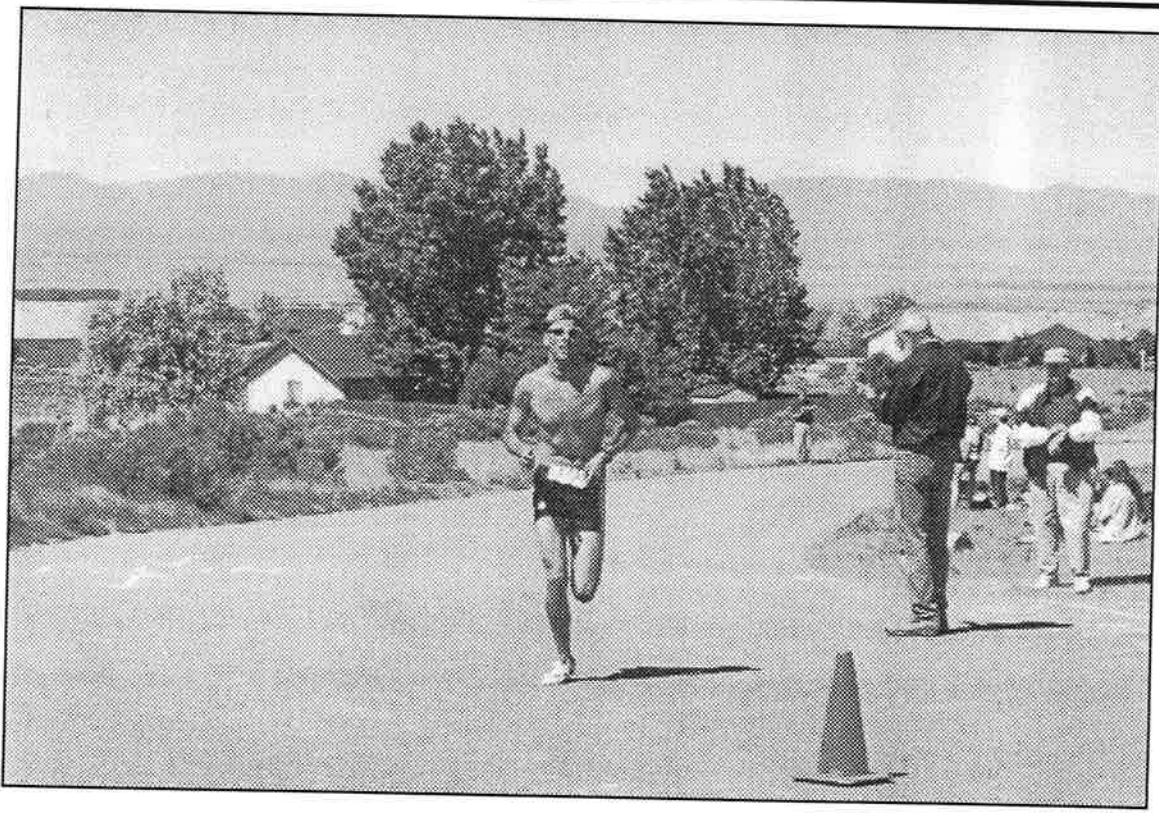
EDITOR: Gary Franchi



# FOOTPRINTS

Purveyor of high-quality fiction.

fi June 2001 edition full of non-sequitters



## It's Their Day

Blake Ottersberg (left) of Pueblo and John "Woody" Noleen of Colorado Springs (below) achieved personal milestones in the Ordinary Mortals Triathlon last month as both broke the 1-hour barrier for the first time. Blake used an 18:28 time in the 5K run (the fastest run time) to post a 59:12 overall time, good for 3rd place among all males. Woody finished in 59:45 and was 5th overall. The event was held May 20 in Pueblo West. More Ordinary Mortals coverage is on Pages 6, 7, 8 and 9 inside.

## Plenty of reading for a lazy, summer day

As you are receiving this, summer has begun and the snowfall-days are behind us. I think. In Colorado, you never know. Summertime is supposed to bring some lazy days, and hopefully you will have time away from work, the long weekend runs and the races to jump into this issue of "Footprints." It's going to take you a while to get through it all, since this issue contains 14 pages, the biggest on record for an SCR newsletter. There are tons of results - from

the Ordinary Mortals Triathlon to the World's Largest Race, the Holy Family Run, the Run in the Valley, the Run for Rio, and the Run Away From Home. Also enclosed is a photo of every club member. Well, OK, maybe there isn't. But there are a tony of photos .in this edition. Take a look and see for yourself. Of course, we've also allocated space to the usual monthly Inonsense to stave off withdrawal. Oh, and you won't find any Run Away From Results. Enjoy!





**Buddy sez:**

"Since I devote a good part of every single day scurrying around looking for whatever I can find to eat, I have a great interest in food. The other day, after being fed a peanut by that great guy at the college where I hang out, I decided to take a little snooze. While reading myself to sleep, I came upon a cool story with some amazing stats. For one, it said that athletes, officials and visitors will eat 300 tons of vegetables and fruits at the 2004 Olympics to be held in Athens, Greece. Boy, that's a lot of squirrel food! I could do some real chowin' down and future food hiding with that. Wouldn't have to settle for those peanuts from that cool PCC guy all the time. Just a thought. Anyway, 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](http://www.rrca.org)



**TEAM BOULDER** - A few of the participants from Pueblo gathered in Folsom Field for a little post-race partying. Pictured are (top, l to r) Dave & Stacey Diaz, Donna Hickman and her daughter Andrea Hickman; (bottom, l to r) Robin & Ben Valdez, Jenny & Matt Sherman, and Sidney Arnold.

*For the soul ...* "Winning is simply being able to appreciate the true joy of running because you can." - Gary Franchi

**Club Notes**

**SCR web page helper sought**

The SCR is looking for a club member who would like to learn a little bit about the mechanics of maintaining our web site while helping webmaster Ken Raich. The real purpose would be to provide a backup who could post things to the web site, like race results, in case Raich is unavailable. Plus, Ken would appreciate the help. Please buzz Ken at 564-0847 if you can help.

As anticipated, the SCR has indeed renewed its web site domain name ([socorunners.org/](http://socorunners.org/)) for five additional years.

With the addition of a portion of the proceeds from the Cinco de Mayo 10K race, the SCR's Youth Fund assets were increased \$30 since last month. There now is \$228 in the fund, which is used to help send local runners to regional and national meets.

*Get a bang out of life - visit the Gold Dust for a cold one!*

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

*About the Editorial consultant - Chaim Witz is the real name of Kiss rock band bassist Gene Simmons.*



**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. 236**

"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, Chaim Witz*	
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 face life's most difficult mental challenge.

**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



## Are we being alien-ated?

Thought for today's lunch, compliments of comedian George Carlin: "If one synchronized swimmer drowns, do the rest drown, too?"

### Musings on running, fitness, life, etc.: 3 - 53 - 43.

That is not a play called in the huddle by Brian Griese. It's also not the combination of the lock I use on my locker at the PCC Fitness Center. Nor is it the numbers of the finishing time of my first marathon in 1983, although it's pretty darn close.

(Note: The word "darn" is used in family publications like this when the writer doesn't feel he/she/it should be writing "damn." Do I always avoid using the word "damn?" Damn straight!)

Anyway, the numbers 3 - 53 - 43 above actually stand for the new American high school mile record of 3 minutes and 53.43 seconds that was set a few weeks ago by Alan Webb of Virginia in an other-worldly performance. Not only did it break the U.S. prep record set about three decades ago by Jim Ryun – who contrary to rumors is NOT related to Nolan Ryan – but it also lowered Webb's PR by 6 seconds. SIX SECONDS! And he ran his last leg in 55 seconds.

Now a 6-second drop by a schlock like me, who probably would have trouble running a half-mile today in that same 3:53.43 time, would be one thing. But to shave 6 seconds off a 3:59 mile PR is ... well, I can't even fathom it.

I used the term "other-worldly" above because I've always felt that elite runners were not human, and this performance sort of provides more evidence. A recent *Sports Illustrated* magazine article about Webb and another prep running phenom – Dathan Ritzenhein – sort of struck a nerve in me that maybe they are aliens.

Judge for yourself. Webb was warming up for a high school meet in the spring and, to work out the kinks, he clicked off seven 400s in the range of 55.1 to 56.6 seconds with a 2-minute rest between sprints. Ritzenhein offers even more proof of alienhood. The article said he once ran 32 400-meter repeats at 70 seconds each and said afterward that "it wasn't that hard."

I asked Pueblo's premier "miler" this year – Shawn Borton, an SCR member who goes to South High and was 4th at state recently with a 4:33 1,600-meter run – what he made of all this. Especially someone clicking off 32 400-meter repeats at that speed.

"If I did that, I'd have stress fractures," said Shawn, noting that near the end of the track season he was doing, say, 12 quarters in the 68- to 70-second range.

"In my opinion, with a lot of young runners who are real good like that, it's natural," he added. "And when you get to that level, you're probably working out twice a day and you're ready for that (kind of workout). But it takes a certain body type, and I think you have to be bred to run like that."

Yes, hard work certainly plays a big part. But genetics – boy, that sure helps.

It also helps if you're an alien.  
3:53.43. Whatta ya think?



### Ten things I was just wondering:

- Seriously now, other than Deena Drossin winning the women's elite division of the Bolder Boulder last month, who really cares about the elite races there?
- What if all 42,000 runners and walkers at the Bolder Boulder wanted a free therapy massage as offered by the Boulder College of Massage?
- What ever happened to the Friendly Harbor's Run for Rose 5K that was supposed to be resurrected this past spring?
- What is the #1 killer of squirrels?
- Is the Elvis impersonator at the previously held Run for Rose 5K having withdrawal pangs or does he get other Elvis singing gigs?
- Gee, don't you feel better knowing that a study by the National Cancer Institute, paid by the cellular phone industry, showed no connection between the use of cell phones and brain tumors?
- How come we don't have a Prediction Series race where everyone picks their own distance in addition to their finishing time?
- Isn't it a sad commentary on life when runners run a race and don't stick around to receive their award because they have so many other obligations?
- If cell phones were outlawed, would only outlaws have cell phones?
- What if no one cheered the elite runners when they entered Folsom Stadium at the finish of the Bolder Boulder?

Till next month, I want all of you to crank out 32 400s this month. In the heat, too.



### Ultimate in idiocy item of the month

So many candidates, so little space. But this month's *Lights are Dim Award* goes to all of the cyclists in the Giro d'Italia road race – Italy's equivalent of the Tour de France – who are being investigated in a huge drug scandal for possible use of the new drug called RSR-13. All but 2 of the 20 teams in the race are being probed following a hotel raid. Real bright.



### Movie Line of the month:

"I lik to see a fat guy score ... because then you get to see a fat guy spike (the football) and a fat guy dance."

Boy, if that note "the football" in parentheses doesn't give you a big clue than you're clueless. Yes, it is a movie about football players. Pretty decent one, too. Another hint: The above line came from an announcer in the movie who also is an announcer in life.

Answers below.

Answers:  
"The Replacements"  
John Madden in



## SCR birthdays

### JUNE

- 22 Lorraine Hoyle
- 26 Jesse Stommel
- 27 Tracy W. Gunn
- 29 Gary C. Rael
- 30 Brendan Dorsey-Spitz

### JULY

- 1 Sean Finley Jr.
- Lynne Harris
- Marijane Martinez
- 2 Maxi L. Sandoval
- Paul Willumstad
- Don Pfost
- 3 David L. Jobe
- Megan Crepeau
- 5 Dan Gallegos
- 7 Suzanne Hough
- Joseph W. Ruppert
- 8 Gloria Gogarty
- 9 Frank J. Jaquez
- 11 Aaron J. Ure
- 13 Jack Janney
- 14 Sherry Koski
- Doug Leyva
- 14 Brenda Koch
- 15 Kent Stringer
- 17 James Bittel
- 19 Mark Jankelow
- 20 Bill Veges
- Blake Fissel
- 21 Raine Nezvensky
- 23 Danielle Gallegos
- 27 Hector Leyba
- 28 Ron Arant
- 29 Diana Reno
- 31 Malcolm Singer

# Rocky on Fitness

by Rocky Khosla, M.D.

## Things to help you live a long, healthy life

I don't know if many of you out there are hockey fans, but I am still coming down from cloud 9 as I lucked into getting a chance to see game 7 of the Stanley Cup finals at the Pepsi Center. And, in case you hadn't heard, the Avalanche won!

The above got me thinking about Ray Bourque, who at age 40 played like a 20-year-old. How can that be? In a sport like running, it wouldn't be that surprising (heck, look at Rich Hadley or Mike Orendorff or Marv Bradley right here in our midst!), but in a physically punishing sport like ice hockey, Ray has to be considered an animal by any measure!

So how can you and I be more like Ray? First, and most importantly, you have got to have the right genetics. And, at least for the present, this is something that is beyond our control. So if your family history shows lots of people having long, healthy lives, there is a good chance that you will have a long,

healthy life, too.

There are things that we can control that may let us live longer, healthier lives:

1. Don't sabotage your health: don't smoke, do drugs or drink excessively.
2. Exercise regularly.
3. Don't overeat, and try to keep your weight close to ideal.
4. Eat good stuff (and no, there is no Butterfinger food group!)
5. Get regular check-ups. Even if you feel great, there are things like developing high blood pressure or having high cholesterol that wouldn't make you have any symptoms till you are far down the road to ill health.
6. Enjoy what you do, and let go of things that can make you bitter.
7. Love and laugh a lot.

Till next time, keep on truckin' and let us revel in the Colorado Avalanche's 2nd Stanley Cup!



## Prediction Race Series



### 2001 Prediction Series Standings

Prediction Series statistics provided by 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
Don Pfost		31.25
Brian Ropp	29.17	29.17
Paul Dallaguardia	16.67	12.50
Stan Hren	25.00	25.00
Richard Hogan		25.00
Jill Stringer	20.83	20.83
Peggy Dunn		18.75
Regie Marquez	16.67	16.67
Carla Braddy		12.50
Trisha Ferguson	8.33	8.33
John Freyta		6.25
Kyle Reno	4.17	4.17

## Quoteworthy

"If God invented marathons to keep people from doing anything more stupid, triathlons must have taken Him completely by surprise."

- P.Z. Pearce, M.D.

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# Trail Notes

by Shaun Gogarty



## The elements win at the Collegiate Peaks

One of the things I like most about running is the lack of “things” associated with participation. You basically can get by with just your body – shoes are nice, but you don’t even have to have them! Location doesn’t matter because you don’t need a field or a court or a gym – just a little open space. Weather and seasons aren’t even a factor if you are tough enough. And best of all, you don’t have to wait around for teams to show up or be picked. Running – the no-frills and no-excuses tough guy/gal sport!! And last month at **Collegiate Peaks 25/50**, I had the chance to prove it again.

I’m not superstitious, but early on there were some worrisome signs. The first was in the canyon on the way up Highway 50. Perhaps it would have been best to turn back rather than barely slip around the fresh pile of boulders on Highway 50 that would eventually close the canyon for a week. The huge rain and snowstorm were wreaking havoc everywhere. By the time we reached Salida, it was buried in almost 3 feet of snow. Between the road conditions and longer drive up, I was tired before I reached the start.



Race day greeted us with another surprise: 10 more inches of snow and a change in the course. Normally it is a beautiful 25-mile loop through the hills east of town. It would now go up a straight road 10 miles and then back. You could go out and back once or twice for a 20/40 instead of the 25/50. Well, running in snow was nothing new, but the same course FOUR times? I run trails to avoid that type of self-flagellation. But being the no-excuses runner that I am, I was still up for 40 at the start.

The gun went off and we went off into the rain, sleet and snow – no mail, just total commitment. The temperature was a miserable 32 degrees: warm enough to melt and freeze simultaneously! The road surface was the worst combination possible: deep snow on top of thick wet mud. Within a few miles everyone looked like they’d been at the

wrong end of an elephant after an enema. It wouldn’t have bothered me so much because I’ve run in miserable conditions before, but I didn’t have Gore-tex shoes or waterproof gaiters.

In spite of the conditions, we trudged through the miles with stiff (i.e. frozen) upper lips and iron resolve. At mile 6, the bad conditions suddenly became worse. Waterlogged from sleet and splash, we were now confronted with a strong headwind. Living on the leeward side of the mountains, I know about wind. However, this was a strong, nasty, cold wind, blowing down from the snowy peaks to the north. Without my Nike Dry-Fit running shirt, I was starting to look and feel like a chocolate-covered Popsicle!

Raw determination helped me overcome the cold, the wind, the mud and the snow and I finally trudged into the aid station and turnaround point at mile 10. Aid stations are always a welcome pick-me-up with the cheerful people, food and drink. Unfortunately, they only had Cyto-max to drink! I only train with Gatorade. If it isn’t Gatorade I can’t really drink it. I thanked the workers for the pretzels and soggy cookie, and then began the 10-mile trip back to the start, licking snow flakes from my face for moisture.

Hunkered down and pushing hard with a tailwind, I flew with unfettered courage toward the 20-mile, midway point. It would be hard, but surely I could make it out and back again. As I approached the start/finish, my wife stood solemnly at the side of the road waving. She is my greatest (OK, only) supporter. Her face reminded me of our conversation the night before when she “mentioned” how much time I was spending training for the 100-mile race. The finish/start was just feet away: another 20 miles or stop now? I DNF’d. I wanted to run the same boring 20 miles of rain, sleet, mud, and wind, but I had to stop for her and our marriage – it wasn’t my fault.

## Runners shine in other locales

Area runners have had some excellent races outside of the Pueblo area recently. Here are just a few of them:

- Maddy Tormoen of Pueblo was the top overall female in both the Garden of the Gods 10-mile race (1:05:02) in Colorado Springs and the Horsetooth Half-Marathon in Fort Collins (1:27:56), and she was the 1st Pueblo finisher in the Bolder Boulder 10K (38:25).
- Speaking of the Garden, ex-Puebloan Chris Borton was the 4th overall male in 59:08. Chris also was 6th overall in the Sailin’ Shoes 10K with a 33:44.
- Rich Hadley of Florence was 6th overall and 1st in his age division with a 39:33 time in the Armed Forces Day 10K. Laura Schilf of Canon City and Martha Kinsinger of the Springs were 1st in their age divisions. Martha also won her age division at the Garden and in the Sailin’ Shoes 10K.
- Marv Bradley, 62, of Canon City also won his age division in the 5K at Sailin’ Shoes in 21:19, and Woody Noleen of the Springs won his bracket with an 18:05.



**Next SCR Meeting**

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

# Ordinary Mortals Triathlon - female race

Races held May 19, 2001 in Pueblo West.  
 Distances: 525-meter swim, 12-mile bike and 5K (3.1M) run.  
 Bike time includes both transitions.  
 Results provided by Mike Orendorff and Ken Raich.



The real beauty of the Ordinary Mortals Triathlon has always been that all ability and age levels can compete. Above left, Elizabeth Ross finishes the run leg en route to being the 30th overall finisher and top Pueblo female. At right, Cathy Perkins, 62 years young, had a big smile at the finish.

Photos by Gary Franchi

Div	Place	Name	Age	City	Swim Time	Bike Time	Run Time	Total Time
1	1	Aimee Stout	27	Colo Sprgs	7:41	36:37	21:15	1:05:33
2	1	Lori Deacon	30	Denver	6:60	36:35	22:26	1:06:01
3	2	Erika Leetmae	30	Denver	7:05	36:49	22:33	1:06:27
4	3	Sara Hoogstrate	32	Denver	7:09	36:08	23:27	1:06:44
5	4	Bridget Dunn	33	Denver	8:53	x	x	1:07:13
6	2	Pilar Ingargiola	29	Golden	6:52	36:16	24:15	1:07:23
7	1	S. Kaklikian-Griffin	46	Castle Rock	7:57	37:30	22:24	1:07:51
8	5	Stacey Hudjera	32	Littleton	9:18	34:44	24:01	1:08:03
9	1	Judy Ann Cummings	41	Denver	8:29	x	x	1:09:46
10	1	Erin Huck	19	Boulder	9:50	37:43	22:21	1:09:54
11	3	Jennifer Sullivan	28	Colo Sprgs	7:39	39:57	23:04	1:10:40
12	6	Susan McCullough-Dallam	33	Colo Sprgs	8:41	37:49	25:11	1:11:41
13	1	Ellen Shampain	35	Colo Sprgs	9:16	37:42	24:58	1:11:56
14	2	Kathy Rex	39	Colo Sprgs	8:57	39:13	24:05	1:12:15
15	4	K. McCay-Smith	28	Fort Collins	8:31	40:28	23:29	1:12:28
16	7	Monica Sutula	33	Denver	9:60	37:09	25:22	1:12:31
17	2	Claire Cahow	40	Evergreen	11:52	38:20	22:29	1:12:41
18	5	Ali Olson	28	Evergreen	9:03	39:55	23:52	1:12:50
19	3	Alice Childers	41	Peyton	8:14	40:35	24:42	1:13:31
20	8	Ingrid Millhauser	34	Colo Sprgs	8:50	40:35	24:41	1:14:06
21	9	Traci L. Case	32	Golden	8:52	41:30	24:36	1:14:58
22	3	Patti Meeks	36	Lakewood	8:40	41:32	25:02	1:15:14
23	1	Elizabeth Ross	24	Pueblo	11:34	39:10	24:34	1:15:18
24	4	Sandy Love	35	Salida	8:38	42:26	24:25	1:15:29
25	2	Kelly Smith	19	Eagle	8:33	45:33	21:25	1:15:31
26	5	Diane Texter	38	Parker	9:16	41:14	25:19	1:15:49
27	6	Jennifer Chudy	25	Denver	9:11	42:10	25:11	1:16:32
28	10	D.D. Bents	30	Monument	9:41	43:27	23:26	1:16:34
29	7	Katie Luellen	27	Denver	7:07	43:38	26:19	1:17:04
30	11	Jill Howard	30	High. Ranch	11:42	x	x	1:17:24
31	4	Susan Walter	42	Littleton	10:33	42:56	24:35	1:18:04
32	6	April Hakanson	38	Denver	11:04	42:04	25:43	1:18:51
33	12	Audra Dubler	31	Denver	10:03	42:59	25:51	1:18:53
34	13	Karen Spory	33	Garden City	9:24	42:46	27:33	1:19:43
35	14	Lorrie Murnock	32	Colo Sprgs	11:47	41:09	27:24	1:20:20
36	2	Jen Leonard	24	Denver	12:22	44:37	23:43	1:20:42
37	8	Nicole Heywood	25	Longmont	9:26	47:52	23:56	1:21:14
38	9	Penny Vercelline	29	Beulah	8:55	45:07	28:04	1:22:06
39	5	Susan Davidson	40	Colo Sprgs	11:26	42:21	28:48	1:22:35
40	10	Patricia Bursnall	28	Colo Sprgs	10:42	42:38	29:17	1:22:37
41	6	Karen Lundberg	40	Salida	11:32	44:29	26:48	1:22:49
42	11	Alicia Gramann	25	Denver	10:20	46:43	25:58	1:23:01
43	12	Katie Clifford	25	Littleton	9:51	50:29	22:41	1:23:01
44	13	Kacey Reistad	29	Littleton	8:57	48:22	25:49	1:23:08
45	15	Dawn Benz	33	Denver	9:09	43:40	30:27	1:23:16
46	14	Amanda Harris	25	Boulder	12:20	42:40	28:33	1:23:34
47	15	Anna Arnett	27	Denver	8:59	45:21	29:20	1:23:40
48	3	Stephanie Frisch	24	Colo Sprgs	11:05	48:54	23:41	1:23:40
49	3	Amelia Dickerson	18	Grn. Village	13:19	44:56	25:54	1:24:09
50	2	Marti Harvey	45	Divide	9:52	44:29	30:05	1:24:26
51	3	Nancy Kern	48	Littleton	10:45	46:22	28:04	1:25:11
52	7	Janet Pasque	43	Littleton	11:24	46:37	27:24	1:25:25
53	1	Karen Fady	58	Colo Sprgs	11:14	46:20	27:58	1:25:32
54	16	Angel D'auria	26	Colo Sprgs	11:39	47:01	27:09	1:25:49
55	16	Elaine Sersun	31	Colo Sprgs	10:03	45:58	29:49	1:25:50
56	17	Robin Strecker	25	Golden	8:19	49:36	28:10	1:26:05
57	7	Susan Falk	35	Longmont	14:13	46:19	26:05	1:26:37
58	17	Lisken Brady	32	Westminster	11:41	47:03	27:56	1:26:40
59	8	L. Herdelin-Doherty	35	Colo Sprgs	11:26	45:54	29:21	1:26:41
60	8	Barb Hewitt	42	Lakewood	10:22	49:02	27:40	1:27:04
61	1	Carol Ann Kinzy	53	Pueblo	11:26	48:59	26:43	1:27:08
62	9	Pamela Schultz	39	Wheatridge	10:32	46:28	30:16	1:27:16

63	18	Stephenie Needam	26	Englewood	12:51	47:53	26:51	1:27:35
64	9	Chris McKelvey	42	Carbondale	9:04	46:26	32:16	1:27:46
65	18	Amy Oden	31	Denver	11:52	47:55	28:03	1:27:50
66	19	Michelle Willix	32	Boulder	12:16	44:14	31:47	1:28:17
67	4	Beth Carter	24	Colo Sprgs	9:57	52:10	26:10	1:28:17
68	20	Amy Miller	31	Aurora	13:02	46:18	29:04	1:28:24
69	21	Stacy Taylor	34	Colo Sprgs	10:35	52:42	25:31	1:28:48
70	10	Page Bolin	37	Littleton	12:25	46:18	30:16	1:28:59
71	19	Amy C. Miller	27	Lakewood	10:48	47:32	30:40	1:29:00
72	22	Suzanne Doolen	31	Lakewood	11:01	51:55	26:30	1:29:26
73	20	Christy Edwards	27	Denver	10:04	51:08	28:16	1:29:28
74	23	Heather Ryan	30	Denver	11:45	49:27	28:17	1:29:29
75	4	Jan Dudley	46	Pueblo	12:25	47:49	29:24	1:29:38
76	11	Suzanne Cameron	37	Colo Sprgs	12:29	48:39	28:37	1:29:45
77	21	Kristen Clark	25	Denver	11:25	52:44	25:36	1:29:45
78	24	Sarah Troemel	32	Colo Sprgs	13:32	48:04	28:12	1:29:48
79	12	Denise Smith	35	Littleton	13:18	51:49	24:45	1:29:52
80	2	Judith Russell	54	Colo Sprgs	11:29	49:29	29:05	1:30:03
81	5	Marijane Martinez	48	Pueblo	15:03	50:12	25:31	1:30:46
82	25	Nancy Gonzales	30	Arvada	14:54	49:35	26:19	1:30:48
83	26	Chris. Semmens	32	Colo Sprgs	9:54	51:44	29:20	1:30:58
84	5	Melissa Neal	23	Boulder	8:22	50:56	31:50	1:31:08
85	13	Heidi M. McClure	39	Colo Sprgs	9:29	49:20	32:21	1:31:10
86	6	Karen Clement	45	Gunnison	10:55	47:20	33:01	1:31:16
87	22	Beth D'Agostino	27	Colo Sprgs	11:30	51:35	28:12	1:31:17
88	27	Rene Adema	30	Denver	12:16	53:54	25:18	1:31:28
89	4	Annett Hessell	17	Pueblo	11:23	54:18	25:51	1:31:32
90	23	Amy Heater	29	Colo Sprgs	9:20	49:17	33:02	1:31:39
91	24	Maureen Mitchell	27	Denver	9:30	51:18	31:05	1:31:53
92	10	Aimee Fitzgerald	44	Englewood	10:48	49:24	31:52	1:32:04
93	28	Martha Huntington	31	Denver	11:32	52:14	28:31	1:32:17
94	29	Heather Soistmann	33	Denver	11:35	0:00	0:00	1:32:29
95	11	Pat Crespi	42	Denver	12:13	47:59	32:21	1:32:33
96	30	Laura Molision	31	Denver	10:58	46:40	35:13	1:32:51
97	7	C.J. Hartman	46	Castle Rock	12:19	46:23	34:25	1:33:07
98	25	Bergen Mahoney	26	Colo Sprgs	11:49	52:55	28:30	1:33:14
99	14	Sharon Brosious	38	Littleton	12:35	50:27	30:30	1:33:32
100	26	Sandrine Hilarion	25	Glendale	13:00	53:02	27:33	1:33:35
101	15	Ann Joyce	36	Colo Sprgs	11:50	52:24	29:35	1:33:49
102	27	Amber Bradley	26	Denver	11:24	54:52	27:34	1:33:50

Continued on Page 7

# Ordinary Mortals Triathlon - female race

Continued from Page 6

103	16	Judith Raynsford	37	Lone Tree	12:39	53:27	27:52	1:33:58	148	41	Natalia Bovee	33	Arvada	13:36	57:44	36:02	1:47:22
104	31	Jennifer Alvarado	30	Colorado City	14:12	55:44	24:36	1:34:32	149	4	Ann Noble	53	Denver	11:36	57:00	39:48	1:48:24
105	32	Terry Garden	34	Longmont	12:34	52:29	29:38	1:34:41	150	26	Katy Vorce	39	Colorado Springs	13:22	1:03:22	31:45	1:48:29
106	12	Debbie Walters	40	Pueblo	12:60	50:42	31:04	1:34:46	151	5	Mary Beltz	52	Colorado Springs	17:46	53:30	37:22	1:48:38
107	17	Lauri Wroblewski	36	Denver	9:37	53:11	32:36	1:35:24	152	12	Ilona Dotterer	45	Evergreen	12:21	0:00	0:00	1:48:45
108	8	Kris Hurley	47	Pueblo	12:10	51:15	32:05	1:35:30	153	27	Deb Klafter	37	Thornton	11:29	0:00	0:00	1:49:00
109	6	Margaret Di Matteo	23	Rye	9:11	57:48	28:35	1:35:34	154	42	Laura Zoerner	33	Colorado Springs	11:09	1:01:03	36:49	1:49:01
110	28	Jean Freres	28	Denver	13:11	52:36	30:13	1:36:00	155	18	Rosemary Catmur	42	Crested Butte	13:51	1:02:26	32:53	1:49:10
111	1	Rachel Bakken	14	Golden	8:07	50:52	37:09	1:36:08	156	28	Anne Rottler	39	Aurora	17:19	1:01:19	30:46	1:49:24
112	33	Jenn Kimbel	31	Denver	9:01	56:40	31:06	1:36:47	157	19	Naomi Fieman	40	Englewood	14:59	1:03:09	31:19	1:49:27
113	34	Edie Lindeburg	34	Parker	13:16	52:21	31:16	1:36:53	158	13	Marianne Farrell	48	Aurora	13:06	59:28	37:13	1:49:47
114	35	Shawna Feiner	30	Niwot	13:57	53:04	29:52	1:36:53	159	39	Brenda Knoop	27	Northglenn	12:13	1:03:15	34:20	1:49:48
115	36	Joy Bontrager	30	Lakewood	14:45	54:43	28:01	1:37:29	160	29	Eliz. Kauffman	35	Denver	14:55	48:42	46:18	1:49:55
116	29	Kim Longbrake	27	Littleton	11:29	55:50	30:14	1:37:33	161	43	Ruth Faris	30	Denver	14:21	57:19	38:18	1:49:58
117	37	Cam Pacheco-Gach	33	Colorado Springs	10:03	x	x	1:37:47	162	30	Mary West	35	Englewood	14:06	55:02	40:54	1:50:02
118	13	Naomi La Haye	43	Pueblo West	16:36	51:36	29:36	1:37:48	163	40	Dru Wittenburg	27	Denver	10:32	1:06:06	35:27	1:52:05
119	30	Suzanne Walter	29	Colorado Springs	11:39	55:11	31:08	1:37:58	164	31	Jeanette Jenks	35	Colorado Springs	12:44	58:40	41:14	1:52:38
120	9	Gail Royce	49	Morrison	14:20	52:14	31:25	1:37:60	165	32	Colleen Hobson	36	Lakewood	12:04	1:02:36	38:15	1:52:55
121	18	Theresa Pena	38	Denver	13:49	55:23	29:57	1:39:09	166	41	Monica Mohr	27	Florence	12:29	1:04:01	36:34	1:53:04
122	31	Erica Fischer	25	Denver	8:25	57:57	32:55	1:39:17	167	44	Jackie Allen	32	Canon City	19:23	1:06:16	27:52	1:53:31
123	19	Colleen Anderson	38	Denver	12:25	57:59	30:02	1:40:26	168	42	Tiffany Marler	25	Colorado Springs	13:26	1:06:55	33:54	1:54:15
124	32	Kimberly Douglas	26	Superior	11:22	55:14	34:41	1:41:17	169	3	Wanda Carlile	57	Littleton	15:24	1:02:31	36:26	1:54:21
125	14	Karen Driscoll	40	Pueblo	11:40	53:13	36:26	1:41:19	170	6	Jan Bakken	52	Golden	13:37	1:01:32	39:35	1:54:44
126	20	Deb Hamilton-Voss	35	Monument	12:23	57:37	31:23	1:41:23	171	33	Diane La May	38	Lakewood	13:39	0:00	0:00	1:56:50
127	21	Heather Ahrenkel	37	Aurora	12:43	56:33	32:25	1:41:41	172	43	Jennifer Anderson	28	Denver	16:17	0:00	0:00	1:56:50
128	33	Kelly Roy	27	Denver	14:00	55:03	32:44	1:41:47	173	45	Kathy Mikita	31	Evergreen	8:08	1:09:38	39:36	1:57:22
129	34	Sandy Krivanek	28	Denver	12:01	57:03	32:43	1:41:47	174	20	Lauren Sheldrake	42	Creede	13:23	1:10:24	33:45	1:57:32
130	35	Carrie Orinjok	26	Colorado Springs	14:32	54:30	32:46	1:41:48	175	34	Linda Hinton	38	Monte Vista	13:59	1:12:48	33:54	2:00:41
131	15	Colleen Dean	40	Monte Vista	14:01	57:11	30:49	1:42:01	176	44	Carrie Mckee	29	Colorado Springs	12:23	1:12:11	36:16	2:00:50
132	36	Thea Seveland	26	Englewood	12:59	1:00:42	28:33	1:42:14	177	46	Rachel Dewey	32	Colorado Springs	15:14	1:11:16	34:23	2:00:53
133	37	Susan Wilt	26	Silverthorne	12:21	1:01:21	28:32	1:42:14	178	5	Anna Chenoweth	18	Lakewood	13:46	1:11:49	35:20	2:00:55
134	22	Teri Weiss	37	Aurora	14:04	58:35	29:44	1:42:23	179	14	Janice Johnson	48	Denver	11:51	1:08:50	40:27	2:01:08
135	23	Lisa Fryman	37	Aurora	13:43	58:58	29:42	1:42:23	180	2	Heather Perkins	13	Pueblo	14:30	1:07:18	39:22	2:01:10
136	10	Julie Arment	46	Buena Vista	11:57	57:48	32:57	1:42:42	181	47	Heather Pitzel	30	Denver	16:30	1:09:29	36:20	2:02:19
137	16	Vicki L. Gricius	43	Colorado Springs	15:50	56:56	30:04	1:42:50	182	15	Debbie Caperton	48	Lakewood	14:18	1:11:19	37:02	2:02:39
138	38	Nickol Noll	28	Colorado Springs	12:49	55:10	34:52	1:42:51	183	16	Rona Kadish	48	Littleton	14:34	1:10:06	38:31	2:03:11
139	17	Susie Naegel	44	Evergreen	16:02	55:03	31:47	1:42:52	184	7	Jean Erion	53	Pueblo	19:43	1:07:45	38:20	2:05:48
140	24	Lee Gum	39	Colorado Springs	11:37	0:00	0:00	1:43:50	185	1	Donna Wallace	61	Aurora	18:46	1:09:51	44:30	2:13:07
141	25	Jo Ann Del Monte	38	Parker	11:12	59:01	35:06	1:45:19	186	21	Shirley Vai	42	Colorado Springs	15:38	1:15:28	44:42	2:15:48
142	3	Barbara Malloy	52	Gunnison	15:08	0:00	0:00	1:45:20	187	48	Kim Simmons	33	Colorado Springs	12:34	1:17:27	48:19	2:18:20
143	38	Becky Sewell	30	Denver	10:03	1:00:28	34:59	1:45:30	188	2	Cathy Perkins	62	Pueblo	21:14	1:11:14	47:42	2:20:10
144	39	Deanne Beard	34	Westminster	10:46	1:02:05	32:43	1:45:34	189	17	Shelly L. Andrews	45	Alamosa	23:23	1:23:46	42:09	2:29:18
145	11	Carlee Frazier	45	Parker	16:18	1:01:27	27:59	1:45:44	190	18	Debi Tringham	48	Alamosa	23:31	1:23:39	42:09	2:29:19
146	40	Amy Clemens	31	Denver	12:07	1:03:23	30:14	1:45:44	191	7	Jennifer Andrews	21	Colorado Springs	19:17	1:27:54	42:08	2:29:19
147	2	Louise Wise	58	Lakewood	9:55	1:07:41	29:15	1:46:51	192	3	Anna. Wickard	62	Denver	22:46	1:16:24	50:47	2:29:57
									193	45	Linnea Erion	26	Pueblo	20:52	1:26:08	51:24	2:38:24
									194	8	G. Neyman Booth	50	Aurora	27:60	2:08:05	1:03:50	3:39:55

## Thanks for your volunteer assistance at these races

by Ben Valdez

As most of you know, the YMCA of Pueblo recently coordinated two major events – the Ordinary Mortals Triathlon on May 19 and 20 and the World’s Largest Run on June 2. These events were extremely successful thanks to the many club members who offered their time and support.

Eighty volunteers were required for the Ordinary Mortals Triathlon and 32 volunteers for the World’s Largest Run. This does not include the entertainment that took place before and after the race. Without these dedicated individuals, we could not produce such events. Their ef-

forts are what made the events run smoothly and efficiently.

Listed here are the individuals who helped make our events very special and successful. I also invite club members who participate in events, but have never volunteered, to think about skipping a race and volunteering to help. It is usually quite enjoyable and gives you a different perspective of what it takes to make an event successful.

So the next time the club has a race, please consider helping. Your efforts will be greatly appreciated.

### Volunteers

#### YMCA Ordinary Mortals Triathlon

\*Michael Orendorff Marv Bradley

\*Gary Franchi Priscilla Portillos  
\*Kathy Stommel Diana Reno  
\*Victor Olguin Kyle Reno

Matt Sherman Tiffany Reno  
Nick Leyva Jeff Arnold  
Rich Hadley Terry Cathcart  
Deb Hadley Ken Raich  
Paul DallaGuardia Aaron Ure  
Ross Bamhart Lora Ure

*Asterisks indicate individuals who helped both days.*

### YMCA World’s Largest Run

Gary Franchi Mike Orendorff  
Lois Pfost Jeff Arnold  
Don Prost Terry Cathcart  
Priscilla Portillos Diana Reno  
Chief Reno

*Thank you for all your time and support!*

# Ordinary Mortals Triathlon - male race

Races held May 20, 2001 in Pueblo West.

Distances: 525-meter swim, 12-mile bike and 5K (3.1M) run.

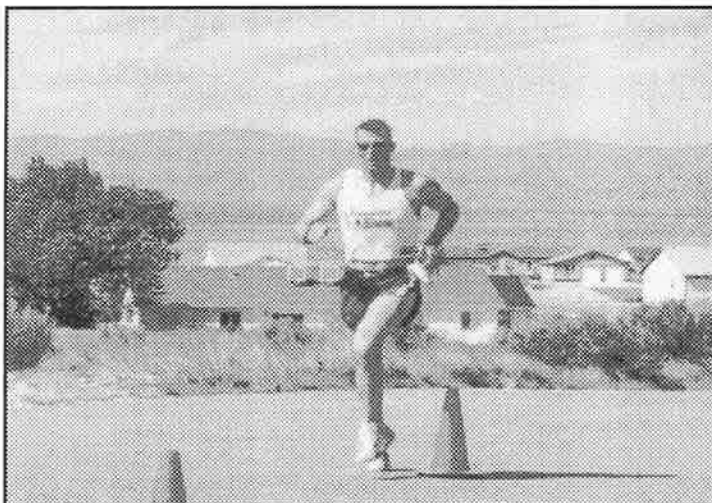
Bike time includes both transitions.

Results provided by Mike Orendorff and Ken Raich.

Div	Place	Name	Age	City	Swim Time	Bike Time	Run Time	Total Time
1	1	Greg Woods	23	Aspen	7:06	32:01	19:05	58:12
2	1	David Dornaus	26	Colo Sprgs	6:18	32:37	19:21	58:16
3	1	Blake Ottersberg	19	Pueblo	7:20	33:24	18:28	59:12
4	2	Jeff Frydenlumd	29	Golden	6:40	33:27	19:28	59:35
5	1	Woody Noleen	45	Colo Sprgs	7:32	32:53	19:20	59:45
6	3	J.d. Holt	29	Colo Sprgs	7:46	32:34	20:11	1:00:31
7	1	B. Herdelin-Doherty	41	Colo Sprgs	8:12	33:43	18:47	1:00:42
8	2	Jim Hallberg	23	Castle Rock	8:15	34:55	18:32	1:01:42
9	4	Teddy Holt	28	Colo Sprgs	8:28	33:47	20:42	1:02:57
10	5	Todd Swarts	27	Wheatridge	6:52	36:12	20:38	1:03:42
11	1	Lon Thurman	32	Colo Sprgs	9:47	33:58	19:59	1:03:44
12	2	Bob Oliver	43	Colo Sprgs	6:42	36:38	22:07	1:05:27
13	3	George Dallam	41	Colo Sprgs	7:55	35:11	23:37	1:06:43
14	3	Chris Bohannon	23	Lafayette	9:39	38:19	18:45	1:06:43
15	4	Jeremy Haefner	43	Colo Sprgs	8:24	37:56	20:23	1:06:43
16	2	Greg Murnock	33	Colo Sprgs	8:33	36:41	21:55	1:07:09
17	3	Ken McDonald	33	Boulder	9:34	36:18	21:31	1:07:23
18	6	Gary Geiser	29	Colo Sprgs	9:24	35:21	22:50	1:07:35
19	7	Peter Archer	29	Boulder	8:09	38:16	21:15	1:07:40
20	4	Roderick Wold	33	Broomfield	8:36	38:41	20:52	1:08:09
21	4	Kerry Schutt	24	Wheatridge	9:22	39:28	19:26	1:08:16
22	5	Doug Kretzmann	40	High. Ranch	8:35	38:45	20:58	1:08:18
23	8	Christian Anderson	27	Englewood	11:10	37:18	19:54	1:08:22
24	2	Thomas Bethke	48	Lakewood	9:13	38:06	21:05	1:08:24
25	6	David Nelson	40	Colo Sprgs	9:05	36:09	23:11	1:08:25
26	9	Gerald Romero	29	Colo Sprgs	9:32	40:09	18:59	1:08:40
27	5	J.d. Causse	33	Colo Sprgs	9:39	37:30	21:45	1:08:54
28	10	Peter Strecker	26	Golden	9:29	38:15	21:28	1:09:12
29	11	Jorge Rodriguez	27	Boulder	11:40	36:23	21:11	1:09:14
30	12	Kevin Houghton	27	Colo Sprgs	8:32	35:48	25:17	1:09:37
31	6	Neil Krauss	33	Denver	7:40	41:05	21:03	1:09:48
32	7	Andrew Hackler	33	Pueblo	12:06	38:34	19:27	1:10:07
33	13	Todd Moran	28	Denver	9:53	38:13	22:21	1:10:27
34	8	Steve Hart	34	Littleton	9:10	x	x	1:10:28
35	1	Rob Ladewig	52	Colo Sprgs	10:08	39:37	20:48	1:10:33
36	7	Glenn Sigley	43	High. Ranch	9:09	35:43	25:48	1:10:40
37	9	Steve Martinez	34	Monument	9:20	39:38	22:03	1:11:01
38	1	Tom Roemer	36	Colo Sprgs	9:34	41:46	20:00	1:11:20
39	10	Aaron Schaal	33	Englewood	8:14	38:34	24:44	1:11:32
40	8	Jeff Sherwood	40	Colo Sprgs	10:43	39:38	21:20	1:11:41

41	2	Paul Choate	35	High. Ranch	8:49	38:44	24:28	1:12:01
42	11	Joe Wolf	33	Aurora	9:30	41:08	21:37	1:12:15
43	3	Bob Irving	46	Aurora	10:45	39:31	22:18	1:12:34
44	12	Nathaniel Kiser	31	Colo Sprgs	9:00	41:05	23:35	1:13:40
45	5	Julio A. Sical	24	Boulder	9:21	40:21	24:18	1:13:60
46	9	Erik Sabina	42	Denver	10:31	40:28	23:01	1:14:00
47	10	Bill Banowsky	42	Littleton	9:42	40:28	23:51	1:14:01
48	13	Seamus Doyle	30	Englewood	8:46	41:22	24:02	1:14:10
49	11	Stephen Brigham	42	Del Norte	11:23	42:01	21:13	1:14:37
50	12	Victor Olguin	43	Pueblo	12:28	39:52	22:17	1:14:37
51	14	Marcus Giron	26	Thornton	8:41	42:37	23:20	1:14:38
52	3	Kevin Crossland	39	Aurora	10:15	43:17	21:21	1:14:53
53	14	John Covert	32	Littleton	7:30	41:36	25:49	1:14:55
54	13	Robert Brotherston	42	Security	12:03	42:57	21:05	1:16:05
55	15	John Miller	32	Aurora	8:21	42:17	25:35	1:16:13
56	14	Jay Trujillo	42	Denver	11:08	42:52	22:22	1:16:22
57	4	Randall Lee	37	Greeley	11:09	45:02	20:28	1:16:39
58	4	Jim Flint	49	Englewood	11:19	40:55	24:27	1:16:41
59	6	Darek Spring	24	Denver	9:32	41:60	25:20	1:16:51
60	1	Bruce Murray	64	Colo Sprgs	8:17	42:19	26:30	1:17:06
61	5	Steven M. Keller	49	Denver	10:54	42:55	23:22	1:17:11
62	16	Joseph Strandell	32	Denver	8:53	37:50	31:10	1:17:53
63	1	Allan Spring	56	Lafayette	9:59	41:46	26:33	1:18:18
64	5	Andrew Fowler	36	Colo Sprgs	9:44	44:60	23:50	1:18:34
65	6	Don Byers	45	Colo Sprgs	10:27	42:07	26:03	1:18:37
66	15	Richard T. Hogan	27	Pueblo West	12:14	44:45	21:55	1:18:54
67	15	Brian Oliver	40	Ft Collins	9:33	44:14	25:16	1:19:03
68	7	James Roukema	48	Pueblo	9:43	41:17	28:06	1:19:06
69	6	Doug Parker	35	Colo Sprgs	9:16	40:44	29:17	1:19:17
70	16	John L. Berry	28	Littleton	9:02	45:11	25:26	1:19:39
71	17	Nevada Montagu	31	Denver	11:09	48:09	20:45	1:20:03
72	18	Brian Hogan	31	Denver	14:49	41:29	24:02	1:20:20
73	17	Clarke Anderson	29	Denver	11:02	45:03	24:29	1:20:34
74	19	Timothy Guyton	31	Colo Sprgs	11:47	45:27	23:25	1:20:39
75	16	Bob Heurlin	41	High. Ranch	10:18	45:24	24:57	1:20:39
76	7	Gregory Smith	38	Colo Sprgs	11:37	43:03	26:25	1:21:05
77	20	Steve Wisecup	30	Louisville	11:11	44:49	25:05	1:21:05
78	21	David I. Carasso	33	Denver	8:42	44:32	28:01	1:21:15
79	22	David Moon	33	Lakewood	15:15	42:50	23:20	1:21:25
80	23	Jeffery Stecklein	34	Wheatridge	9:07	46:54	25:34	1:21:35
81	18	Matt W. Hampton	28	Colo Sprgs	10:45	45:35	25:25	1:21:45
82	2	Dana Duthie	55	Colo Sprgs	10:40	41:55	29:17	1:21:52
83	19	Adam Cummins	28	Denver	10:37	46:42	24:35	1:21:54
84	2	Rob Redwine	52	Pueblo	9:47	45:43	26:27	1:21:57
85	24	Aaron Zoerner	31	Colo Sprgs	9:00	48:15	24:47	1:22:02

Continued on Page 9



Puebloans Andrew Hackler (left) and Victor Olguin were the 2nd and 3rd Pueblo male finishers in the Ordinary Mortals.



# Ordinary Mortals Triathlon - male race

Continued from Page 8

86	8	Glen Delman	35	Boulder	13:05	46:02	23:37	1:22:44	124	3	Ron Knoshaug	57	Arvada	18:46	47:13	25:08	1:31:07
87	3	Robert Gray	50	Aurora	11:36	49:19	22:03	1:22:58	125	12	Tom Nelson	49	Superior	10:29	49:01	32:03	1:31:33
88	20	Chris Mace	27	Colo Sprgs	13:01	45:09	24:52	1:23:02	126	24	Shane Luensmann	25	Denver	14:39	50:21	26:38	1:31:38
89	9	Rich Bainbridge	38	High. Ranch	13:33	48:07	22:14	1:23:54	127	13	Keith Lorensen	48	Pueblo	10:36	52:29	28:41	1:31:46
90	21	Chris Fountain	26	Denver	7:28	49:05	27:53	1:24:26	128	35	Jason Maxwell	30	Liberal	9:46	52:43	29:19	1:31:48
91	10	Dennis Leonard	35	High. Ranch	11:40	43:24	29:29	1:24:33	129	18	Peter Swanson	37	Denver	11:30	49:23	30:56	1:31:49
92	11	Albert Loppo	35	Broomfield	17:14	41:50	25:57	1:25:01	130	36	Todd Chwialkowski	32	Castle Rock	13:06	52:46	26:17	1:32:09
93	12	Charles Oden	38	Denver	12:50	44:42	27:39	1:25:11	131	37	Phil Zavala	31	"Erie,"	10:42	52:46	28:45	1:32:13
94	25	Evan Taragano	30	Denver	9:17	47:40	28:28	1:25:25	132	38	Gregorio Solis	30	Colo Sprgs	17:45	48:27	26:03	1:32:15
95	2	Don Whitford	63	Aurora	12:23	47:12	25:54	1:25:29	133	19	Shawn Shelton	38	Pueblo	11:17	54:59	26:22	1:32:38
96	26	Tim Condit	31	Divide	11:43	48:40	25:08	1:25:31	134	1	John Sturtevant	67	Salida	13:14	50:34	29:43	1:33:31
97	13	Ron Lamberson	36	Lakewood	13:06	45:55	26:34	1:25:35	135	25	Chad Clark	29	Pueblo	12:55	55:02	26:48	1:34:45
98	17	Craig Chamberlain	40	Louisville	12:41	46:23	26:32	1:25:36	136	2	Bob Welo	71	Casper	13:47	52:13	29:10	1:35:10
99	14	Scott Graham	36	Denver	12:55	49:19	23:25	1:25:39	137	26	Reynaldo Garcia	28	Colo Sprgs	13:18	53:36	28:21	1:35:15
100	27	Lynn Voss	34	Monument	11:40	48:20	25:45	1:25:45	138	27	Robert Longbrake	27	Longmont	15:54	52:18	27:08	1:35:20
101	22	Robert Draper	28	Denver	10:12	47:05	28:37	1:25:54	139	28	Scot Frank	27	Englewood	19:27	47:11	28:47	1:35:25
102	28	John Grubbs	30	Denver	14:34	48:59	23:12	1:26:45	140	7	Jim Stauss	51	Denver	13:07	56:06	27:28	1:36:41
103	15	Steve Nickless	38	Colo Sprgs	10:51	52:09	23:59	1:26:59	141	20	Chris Gilmore	39	Littleton	11:33	55:18	30:05	1:36:56
104	29	Matthew Rettger	34	Denver	9:16	49:49	28:08	1:27:13	142	29	Ian N. Bonnell	26	Colo Sprgs	12:22	59:58	24:44	1:37:04
105	30	Pete Dohner	30	Colo Sprgs	8:29	53:07	25:49	1:27:25	143	30	Nathan Pung	25	Colo Sprgs	15:12	57:24	24:28	1:37:04
106	16	Jason Edwards	35	Lakewood	11:42	49:09	27:33	1:28:24	144	4	Morgan Edwards	56	Parker	9:34	54:39	33:46	1:37:59
107	31	Rick Hernasy	31	Pueblo West	10:16	54:44	23:28	1:28:28	145	39	Dave Allen	33	Canon City	12:18	58:24	27:51	1:38:33
108	8	Buzz Borries	48	Colo Sprgs	10:08	47:47	30:33	1:28:28	146	40	Ritch Deyoung	32	Lakewood	14:04	57:56	28:48	1:40:48
109	32	Frank Swekosky	33	Aurora	13:01	50:41	25:13	1:28:55	147	14	Sam Azlein	48	Brighton	15:24	54:41	32:01	1:42:06
110	4	Clyde Landry	54	Colo Sprgs	16:28	48:07	24:26	1:29:01	148	9	Kevin New	24	Englewood	16:02	1:02:58	23:55	1:42:55
111	9	Neal Sargent	48	Monument	11:45	54:25	22:51	1:29:01	149	41	William O'hearn	33	Colo Sprgs	11:40	1:02:13	29:15	1:43:08
112	17	Jon Ragland	37	Longmont	11:14	49:19	28:28	1:29:02	150	21	Eric Miller	35	Pueblo	13:31	58:34	32:40	1:44:45
113	10	Steven A. Clark	49	Alamosa	12:53	47:50	28:22	1:29:05	151	20	Mike Archuleta	42	Pueblo	16:13	57:23	32:08	1:45:44
114	7	Genci Sula	23	Denver	16:06	46:60	26:03	1:29:09	152	2	Gabriel Driscoll	16	Pueblo	9:50	54:33	41:50	1:46:13
115	11	Garland Judd	46	Broomfield	13:15	48:10	27:51	1:29:16	153	5	Robert Menter	59	Grnwd Village	12:47	1:01:08	32:48	1:46:43
116	33	Phil Easter	32	Colo Sprgs	11:53	46:45	30:52	1:29:30	154	21	Dan Driscoll	43	Pueblo	13:54	59:06	36:23	1:49:23
117	23	Stephen Cornish	25	Colo Sprgs	9:47	52:58	26:46	1:29:31	155	22	Mike Bergles	40	Pueblo	11:19	1:03:30	36:25	1:51:14
118	34	Seann Feldman	31	Denver	12:20	46:37	30:42	1:29:39	156	23	Falefau Vai	44	Colo Sprgs	12:57	1:05:30	32:48	1:51:15
119	18	George Vlcek	41	Golden	11:04	51:14	27:34	1:29:52	157	8	Tad Deutsch	53	Englewood	10:47	1:05:33	38:43	1:55:03
120	8	Mark Rocco	24	Colo Sprgs	11:27	43:05	35:52	1:30:24	158	31	Larry Owens Jr.	27	Colo Sprgs	28:58	54:56	32:25	1:56:19
121	5	Randy Allen	52	Colo Sprgs	11:48	47:57	30:40	1:30:25	159	22	Jeff Wood	37	Greeley	10:52	1:09:19	39:09	1:59:20
122	6	Dan Ottersberg	50	Pueblo	11:15	x	x	1:30:36	160	23	Loren Cunningham	36	Baker	20:07	1:07:13	35:02	2:02:22
123	19	Marty Cone	43	Arvada	12:29	50:01	28:32	1:31:02	161	15	Jose Gonzalez	45	Liberal	20:05	1:05:23	37:36	2:03:04
									162	3	Gerald Puls	75	Pueblo	20:49	57:11	50:44	2:08:44
									163	42	Jim Stack	31	Colo Sprgs	11:48	1:27:06	39:50	2:18:44

## Run in the Valley 5K

5K run held May 26, 2001 in Westcliffe.

Results provided by Rich Hadley.

Females				Males			
Name	Age	City	Time	Name	Age	City	Time
1 Mary Walter	41	Westcliffe	20:23	1 Hal Walter	41	Westcliffe	16:49
2 Kiara Esterbrooms	21	Hillside	22:43	2 Troy Engholm	37	Colo Springs	17:00
3 Marijane Martinez	48	Pueblo	23:14	3 Paul Koch	33	Colo Springs	17:09
4 Marsha Christman	50	Westcliffe	23:56	4 Rich Hadley	45	Florence	17:30
5 Pamela Havens	40	Westcliffe	24:55	5 Shawn Gaide	29	Silver Cliff	18:07
6 Mary Francis Shea	39	Denver	25:57	6 Zach Fox	15	Westcliffe	18:23
7 Tracy Stoneman	40	Westcliffe	26:57	7 George Greco	53	Colo Springs	18:48
8 Jean Harrell	47	Wetmore	27:12	8 Mick Backsen	34	Westcliffe	19:28
9 Marissa Honeycutt	23	Colo Springs	27:33	9 Joe Mock	19	Cañon City	19:41
10 Brittany Wood	15	Westcliffe	28:23	10 Jesse Schroder	15	Westcliffe	19:53
11 Amy Hardy	15	Westcliffe	28:24	11 Richard Falat	42	Colo Springs	19:59
12 Lori Fox	44	Westcliffe	28:50	12 Tom Alt	18	Westcliffe	20:17
13 Betsy Host	46	Westcliffe	29:04	13 Sam McClure	47	Cañon City	20:30
14 Enka Klauk	29	Hillside	31:22	14 Scott Suter	38	Colo Springs	20:49
15 Buffie La Voie	23	Hillside	31:23	15 Don Breece	48	Westcliffe	21:10
16 Susan Cox	58	Westcliffe	37:51	16 Ron Kiestler	53	Westcliffe	21:32
17 Monica Backsen	36	Silver Cliff	37:52	17 Jerry Kemman	58	Westcliffe	22:21
18 Kathy Boule	66	Westcliffe	41:31	18 Jim Brammase	61	Wetmore	22:36
19 Michelle Kerno	37	Pueblo	42:30	19 Brian O'Callaghan	14	Palmer Lake	22:40
				20 Russel Britton	25	Littleton	23:43
				21 Bob Gibbt	50	Hillside	24:01
				22 Doug Seims	30	Dallas, TX	24:1
				23 Mark Guy	26	Westcliffe	24:26
				24 John Johnston	51	Westcliffe	24:48
				25 Steve Willman	54	Westcliffe	24:57
				26 Nick Leyva	47	Pueblo	25:46
				27 Jeff Cleaver	50	Pueblo	25:48
				28 Chris Spurlock	15	Cañon City	25:59
				29 John Sturtevant	67	Salida	26:05
				30 Leonard Sutphin	53	Westcliffe	26:31
				31 Tyler Cleaver	14	Pueblo	26:46
				32 Dillon Fox	11	Westcliffe	26:59
				33 Daniel Cleaver	12	Pueblo	27:14
				34 Richard Eitzroth	54	Westcliffe	27:48
				35 Joe Flores	42	Westcliffe	29:03
				36 Frank Hardy	61	Westcliffe	30:02
				37 Dick Roulle	68	Westcliffe	36:57
				38 Robert Hamilton	53	Wetmore	37:39
				39 Joel Kiestler	70	Boulder	38:20
				40 Claude Kerno	42	Pueblo	42:27
				41 Joe D'Angelo	67	Westcliffe	47:2

### Volunteer Support

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

Deb Hadley, Don & Lois Pfost, Jeff Arnold, and Jim Robinson.

# Run for Rio 5K

5K run/walk held Saturday, May 26, 2001 in Rye.

Results provided by Jeff Arnold.

## Run Division

### Overall winners:

Male – Andrew Hackler, 18:30

Female – Crystal Berndt, 23:48

Name	Age	City	Time
1 Andrew Hackler	33	Pueblo	18:30
2 Steve Kirkendall	17	Rye	19:29
3 Dave Baker	43	Pueblo	21:36
4 Crystal Berndt	16	Rye	23:48
5 Steve Jennings	47	Colo. Springs	24:35
6 John Castanha	41	Rye	24:58
7 Shaun Gogarty	42	Colo. City	24:59
8 Aaron Berndt	13	Rye	25:13
9 Jim Hale	37	Colo. City	26:24
10 Ed Rogan	45	Colo. City	26:25
11 Daniel Johnson	26	Pueblo	26:54
12 Mike Lowe	51	Hatchet Ranch	26:59
13 Rob Redwine	52	Pueblo	27:18
14 Jim Martinez	57	Trinidad	27:20
15 Larry Belkin	50	x	27:33
16 Maggie Di Matteo	23	Pueblo West	27:50
17 Robert Frantz	40	Pueblo	27:59
18 Barbara Hadley	47	Rye	28:08
19 Jim Hadley	49	Rye	28:09
20 John Neumeister	57	Rye	28:22
21 Mary Jo Rogan	42	Colo. City	28:44
22 Gloria Gogarty	44	Colo. City	29:53
23 Jeff Bailey	36	Rye	31:04
24 Jennifer Alvarado	30	Colo. City	32:08
25 Shawn Alvarado	36	Colo. City	32:09
26 Helen Whitener	43	Pueblo	32:45
27 Carolyn Javorsky	42	Pueblo West	33:03
28 Mike Neilly	53	x	33:23
29 Cheryl Ammeter	37	Rye	33:34
30 Sean Rogan	17	Colo. City	35:49
31 Marge Vorndam	49	Rye	35:55
32 Paul Vorndam	53	Rye	35:55

33 Adrian Martinez	15	Rye	36:32
34 Ty Van Oort	7	Rye	39:36
35 Tammy Van Oort	32	Rye	39:37
36 John Hurtado	37	Littleton	47:35
37 Sherry Hurtado	32	Littleton	47:45
38 Peggy Jordan	38	Rye	50:52

## Walk Division

### Overall winners:

Male – Robert Leivers, 40:38

Female – Jacquie Waller, 45:22

Name	Age	City	Time
1 Robert Leivers	49	Colo. Springs	40:38
2 Kevin Ammeter	42	Rye	41:29
3 Chris Serracino	10	Rye	44:12
4 Jacquie Waller	13	Pueblo	45:22
5 Joann Serracino	42	Rye	47:50
6 Donna Etter	69	x	48:06
7 Susan DallaGuardia	42	Colo. City	48:58
8 Amanda Bachicha	10	Pueblo	50:06
9 Paul DallaGuardia	43	Colo. City	50:12
10 Felicity Hatcher	33	Pueblo	50:51
11 Keyva Heady	17	Pueblo	51:24
12 Cheyanne Hurtado	7	Littleton	52:02
13 Audrey Hurtado	11	Littleton	52:02
14 Pamela Waller	15	Pueblo	52:05
15 Nick Waller	9	Pueblo	52:05
16 Mike Blasi	57	Pueblo	52:10
17 Autumn Caudill	15	Littleton	52:10
18 Fernando Vialpando	40	Trinidad	52:12
19 Kelly Waller	33	Pueblo	52:14
20 Kathy Frantz	39	Pueblo	53:03

## Volunteer Support

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

Race Director – Nancy Martinez

Results – Jeff Arnold

Finish Line – Pat Berndt, Aaron Berndt, Carol Nies and Gary Franchi.

## Rio race creates awareness of Donor program

While proceeds from the Run for Rio help fund a college scholarship for a Rye High student, the race also intends to create awareness of Donor Alliance, a nonprofit organization that facilitates the recovery and donation of organs and tissues. In essence, it wants people to think about signing up for the Donor Registry, through which it one day would donate his/her organs and tissues after their death.

Why, you wonder? Well, consider that 71,000 Americans are waiting for organ transplants, including about 1,200 at Colorado transplant centers. In 1999, more than 6,000 Americans, 63 of them in Colorado, died while waiting.

Jim and Nancy Martinez chose to donate their son Rio's organs to Donor Alliance after he was killed accidentally in 1997.

The Donor Dash 5K run/walk to benefit the Donor Alliance will be held on Sept. 2 this year in Denver's Washington Park.

Want info.? Go to this web site: [donoralliance.org/](http://donoralliance.org/)



Run for Rio Race Director Nancy Martinez (right) is shown with her mother-in-law Lillian Bumgarner. Nancy is holding a picture of donor recipient Dave Karnell of Littleton, a pilot who received his heart via transplant from Nancy's son Rio through the Donor Alliance program.

Photo by Gary Franchi



It was a good show by siblings Aaron and Crystal Berndt of Rio in the Run for Rio. Crystal, 16 was the top female finisher and 4th overall in the field with her 5K time of 23:48. Aaron, 13, was 8th overall in the field with his 25:13 time. Crystal runs for Pueblo County High School.

# World's Largest Race

5K run/walk held June 2, 2001 at the Pueblo YMCA.

Results provided by Ben Valdez.

**Overall winners:**

Male – Andrew Hackler, 17:60  
 Female – Jessica Driscoll, 22:12

Name	Sex	Age	Time	City
1 Andrew Hackler	M	33	17:60	Pueblo
2 Kyle Reno	M	19	18:39	Pueblo
3 Rich Hadley	M	45	19:02	Florence
4 Randy Joyal	M	23	19:50	Pueblo
5 Dave Diaz	M	52	21:15	Pueblo
6 Gary Dukes	M	38	21:29	Pueblo
7 Jessica Driscoll	F	14	22:12	Pueblo
8 Mark Stinchcomb	M	45	22:32	Pueblo
9 Ross Barnhart	M	37	22:34	Pueblo
10 Jackie Allen	F	32	23:26	Canon City
11 John Ulett	M	15	23:43	Pueblo
12 Mano Aguilera	M	66	23:54	Pueblo
13 Stacey Diaz	F	40	23:55	Pueblo
14 Joe Stommel	M	51	23:57	Pueblo
15 Daniel Johnson	M	26	24:09	Pueblo
16 Maryane Martinez	F	48	24:15	Pueblo
17 Brian Thielemier	M	28	24:22	Pueblo
18 Troy Johnson	M	29	24:26	Pueblo
19 Brenda King	F	39	24:41	Canon City
20 Chief Reno	M	39	25:15	Pueblo
21 Jessica Powley	F	15	25:16	Canon City
22 Zachary Fillmore	M	10	25:22	Pueblo W.
23 Gary Skul	M	48	25:23	Pueblo
24 Joe Sisneros	M	48	25:38	La Jara
25 Keith Powley	M	50	25:44	Canon City
26 Jill Montera	F	34	25:45	Pueblo
27 Stacie Taravella	F	35	25:45	Pueblo W.
28 Catherine Gomez	F	45	25:49	Pueblo
29 Paul DallaGuardia	M	43	25:55	Colo. City
30 Cory Rose	M	13	26:08	Beulah
31 Ben Aragon	M	29	26:11	Pueblo
32 Ted Lopez	M	53	26:12	x
33 Jaclyn McClusky	F	21	26:34	Pueblo
34 Nick Leyva	M	47	26:38	Pueblo
35 Misti Frey	F	33	26:42	Pueblo
36 Fran Borton	F	54	26:48	Pueblo
37 Joe Garcia	M	36	26:53	Pueblo
38 Allison Hobbs	F	35	27:11	Avondale
39 Michelle Glover	F	33	27:12	Pueblo
40 Sam Caricato	M	42	27:19	Arlington, TX
41 Hannah Radner	F	11	27:36	Pueblo
42 James Dunbar	M	28	27:40	Pueblo W.
43 Jess Cosyleon	M	54	27:41	Pueblo W.
44 Marcus Stinchcomb	M	11	27:49	Pueblo
45 Chris Perkins	M	9	27:55	Pueblo
46 Benjamin Comden	M	9	28:24	Pueblo
47 Mike Archuleta	M	42	28:33	Pueblo
48 Todd Kettelkamp	M	44	28:36	Pueblo
49 Michael Willard	M	13	28:44	Pueblo
50 Ricky Rincon	M	43	28:45	Pueblo
51 Erin Gramstoffs	F	17	28:48	Pueblo
52 Patrick Swank	M	53	28:50	Pueblo
53 Jeff Arnold	M	59	28:53	Avondale
54 Timothy Vinci	M	11	29:12	Pueblo
55 Walter Gomez	M	58	29:23	Pueblo
56 Donna Hickman	F	47	29:35	Pueblo W.
57 Carol Rooney	F	50	29:41	Pueblo
58 Dan Comden	M	47	29:49	Pueblo
59 Melissa Olivas	F	20	29:55	Pueblo
60 Judy Stjernholm	F	45	29:57	Pueblo
61 Chris Stjernholm	M	53	29:57	Pueblo
62 D. Nicholas-Griesel	F	54	29:59	Coaldale
63 Joe Alvarez	M	38	30:25	Pueblo
64 Tiffany Reno	F	15	30:38	Pueblo
65 Louis Arteaga	M	52	31:09	Pueblo
66 Deb Hadley	F	44	31:36	Florence
67 Kathy Stommel	F	44	31:37	Pueblo
68 Carolyn Javorsky	F	42	31:38	Pueblo W.
69 Marissa Moreschini	F	9	31:48	Pueblo W.
70 Marilyn Henriksen	F	57	31:49	Pueblo
71 Royce Martinez	M	10	32:48	Pueblo
72 Nic Abeyt	M	11	32:50	Pueblo
73 Sara Kettelkamp	F	9	32:51	Pueblo
74 Ali Rodrigues	F	8	33:21	Pueblo
75 Dan Driscoll	M	43	33:28	Pueblo
76 Kurtis Stinchcomb	M	9	33:30	Pueblo
77 Bud O'Hara	M	58	33:36	Pueblo
78 Sherry O'Hara	F	50	33:37	Pueblo
79 Sarah Trani	F	22	33:47	Pueblo
80 Jamie Bonney	F	36	34:13	Pueblo
81 Dale Boone	M	49	34:14	Pueblo
82 Logan Strong	M	11	34:27	Pueblo W.
83 Sarah Gade	F	11	34:44	Pueblo
84 Morris Gade	M	34	34:46	Pueblo
85 Jacob Alvarado	M	8	34:48	Pueblo
86 Gail Abeyta	F	36	34:49	Pueblo
87 Jonathan Torres	M	7	35:45	Pueblo
88 P. Hernandez-Torres	F	41	35:46	Pueblo
89 Gerald Puls	M	75	37:34	Pueblo
90 Johnny Burt	M	12	38:52	Pueblo
91 Jennifer Waller	F	23	39:11	Pueblo
92 David Caporicci	M	47	40:21	Pueblo
93 Donna Caporicci	F	47	40:22	Pueblo
94 Samantha Rodrigues	F	13	40:40	Pueblo
95 Megan Moreschini	F	11	41:05	Pueblo W.
96 Bob Morsechini	M	42	41:06	Pueblo W.
97 Joshua Strong	M	8	41:48	Pueblo W.
98 Tom Strong	M	38	41:49	Pueblo W.
99 Joe Bonney	M	10	42:20	Pueblo
100 Mike Cook	M	54	42:28	Canon City
101 Jerry Danburg	M	55	42:28	Pueblo W.
102 Joseph Balestrieri	M	12	42:48	Pueblo
103 Jay Balestrieri	M	51	42:51	Pueblo
104 Ericka Elliott	F	11	43:38	Pueblo
105 Shelby Elliott	M	10	43:38	Pueblo
106 Kevin Elliott	M	12	43:41	Pueblo
107 Monica Roth	F	36	44:28	Pueblo
108 Nancy Baker	F	67	44:29	Pueblo
109 Nick Perkins	M	5	45:10	Pueblo
110 Joanna Driscoll	F	8	45:10	Pueblo
111 Julianne Balestrieri	F	9	45:12	Pueblo
112 Pat Balestrieri	F	48	45:12	Pueblo
113 Brodie Kettelkamp	M	7	45:13	Pueblo
114 Nancy Kettelkamp	F	42	45:22	Pueblo
115 Ralph Williams	M	59	45:30	Pueblo
116 Janelle Williams	F	20	45:31	Pueblo
117 Denise Head	F	31	46:35	Pueblo
118 Saturnino Vasquez	M	11	47:05	Pueblo
119 Terri Rodrigues	F	35	47:06	Pueblo
120 Lisa Romo	F	25	47:07	Pueblo
121 Sarah Singleton	F	20	47:07	Pueblo W.
122 Anna Alvarado	F	41	47:21	Pueblo
123 Daniel Alvarado	M	9	47:23	Pueblo
124 Corinne Koehler	F	51	47:38	Pueblo
125 Harvey Herzog	M	72	47:38	Pueblo
126 Robert Voss	M	65	47:45	Pueblo
127 Mary Jo Pocius	F	47	49:15	Pueblo
128 Jeanne Wiest	F	44	49:15	Pueblo
129 Bob Cramer	M	46	50:07	Pueblo



Jessica Driscoll, 14, was the overall female division 5K winner with a 22:12 time.



Marcus Stinchcomb, 11, proudly shows off the medal he won for placing in his age division.

Continued on Page 12

## August races

### Beulah Challenge

The 6th annual version of this great 10K run and 5K walk on Aug. 4 will again benefit non-profit organizations in the Beulah community and will start at 8 a.m. There are always great prizes for the top 3 finishers in each age division, awesome T-shirts, and some super prize drawings. The run course provides ample opportunity to be humbled. There is a free shuttle provided from the race finish to the Beulah Valley Art Show after the races.

### New race in August

On Saturday, Aug. 25, the inaugural St. Paul the Apostle 5K run and 2K walk will be held at Lovell Park in Pueblo West. When more details are available, they will be posted to the St. Paul website: [www.saintpaulapostle.org](http://www.saintpaulapostle.org)

# World's Largest Race

Continued from Page 11

130	S. Sparrow-Draeger	F	41	50:40	Pueblo
131	Kellie O'Brien	F	42	50:41	Pueblo
132	Floyd Bonney	M	40	51:24	Pueblo
133	Karen Driscoll	F	40	51:55	Pueblo
134	Drake Carter	M	5	51:57	Pueblo
135	Shelly Carter	F	34	51:57	Pueblo
136	Mike Carter	M	42	51:58	Pueblo
137	Rae Flanigan	F	79	52:06	Pueblo
138	Bob Willard	M	38	52:06	Pueblo
139	Sherry Koski	F	57	52:06	Pueblo
140	Phyllis Hervey	F	50	52:11	Pueblo
141	Dave Rickwalt	M	68	52:15	Pueblo
142	Patty Dedio	F	31	52:15	Aurora
143	Yvette Padilla	F	31	52:16	Pueblo
144	Aaron Rathkopf	M	23	52:27	Reno, NV
145	Myra Filler	F	47	52:28	Pueblo
146	Randy Pocius	M	49	52:60	Pueblo
147	Heather Perkins	F	13	52:60	Pueblo
148	Katie Elliott	F	10	53:00	Pueblo
149	Kyle Elliott	M	9	53:34	Pueblo
150	Phyllis Olson	F	67	53:34	Pueblo
151	Xavier Johnson	M	7	53:39	Pueblo
152	Ahnahkah Peebles	F	12	53:42	Pueblo
153	Ruth Cramer	F	60	53:44	Pueblo
154	Judy Fonda	F	45	53:51	Pueblo
155	Barbara Ferrero	F	49	53:52	Pueblo
156	Tera Sisson	F	10	53:55	Pueblo
157	Atreyu Garza	M	7	54:00	Pueblo
158	Shirley Paris	F	11	54:16	Pueblo
159	Steven Vasquez	M	9	54:16	Pueblo
160	Chris Markert	M	23	54:16	Pueblo
161	Justin Sisson	M	6	54:52	Pueblo
162	Susan Halsey	F	49	55:29	Pueblo
163	Miki Halsey	F	8	55:30	Pueblo
164	Lisa Cramer	M	44	55:33	Pueblo
165	Cathie Cramer	F	11	55:34	Pueblo
166	Rachel Gee	F	31	55:34	Pueblo
167	Andrea Montano	F	24	55:34	Pueblo
168	Paul Sparrow	M	47	55:41	Pueblo
169	Roger Fonda	M	50	55:41	Pueblo
170	Karen De La Cru	F	46	55:46	Pueblo
171	Michael Harris	M	54	55:53	Pueblo
172	Angela De La Cruz	F	10	56:22	Pueblo
173	Jamie Stavelly	F	38	56:33	Haswell
174	Julia Larrew	F	50	56:34	Eads
175	Donald Banner	M	56	56:35	Pueblo
176	Cindy Manzanares	F	28	56:37	Pueblo
177	Karli Thurman	F	10	56:59	Pueblo
178	Amanda Goscinski	F	11	56:60	Pueblo
179	Jackie Lockwood	F	46	56:60	Pueblo
180	Chelsey Anderson	F	10	57:08	Pueblo
181	Megan Nicolas	F	10	57:08	Pueblo
182	Cyndy Anderson	F	38	57:08	Pueblo
183	Sylvia O'Donnell	F	61	57:10	Pueblo
184	Helen Banner	F	47	57:18	Pueblo
185	Briana Havens	F	27	57:25	Rocky Ford
186	Elizabeth Perkins	F	10	57:29	Pueblo
187	Toni Perkins	M	33	57:30	Pueblo
188	Diane Wilson	F	56	57:31	Pueblo
189	Susie Price	F	35	57:33	Pueblo
190	Tracy Pacheco	F	37	57:34	Pueblo
191	name unknown	M	49	57:60	xx
192	name unknown	M	99	58:54	xx
193	Jan Brockinton	F	49	58:55	Colo. City
194	Jim Olson	M	70	58:56	Pueblo
195	Josie Medina	M	51	59:51	Pueblo
196	Ashley Baca	F	10	59:51	x
197	Mike Medina	M	52	59:51	Pueblo
198	Allysen Walters	F	9	1:03:29	Pueblo
199	Donnie Walters	M	6	1:03:42	Pueblo
200	Donald Walters	M	60	1:03:43	Pueblo
201	Louisa Walters	F	69	1:03:46	Pueblo
202	Diana Garcia	F	39	1:08:24	Pueblo



Sidney Arnold wraps up his Walk victory.

### Walk Division -- 1.5 miles

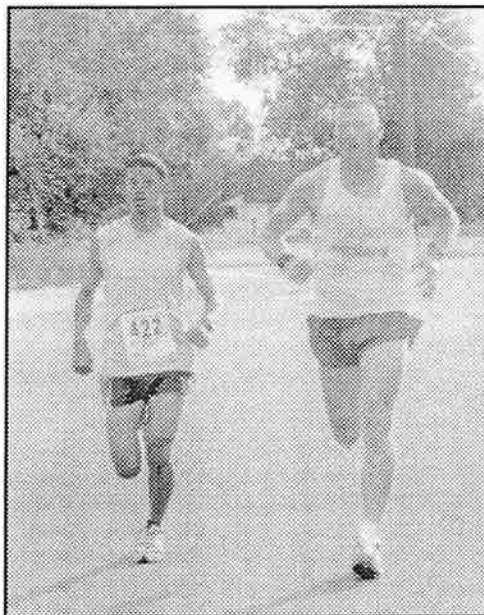
Walker	Age	Time
1 Sidney Arnold	57	24:10
2 Doris Frederick	64	28:41
3 Carla Gutierrez	50	28:42
4 Cipriana Zapata	2	31:00

## Holy Family 5K Run/1.5M Walk

5K run & 1.5M walk held Saturday, June 8, 2001 in Pueblo.  
Results provided by Jeff Arnold.

### Run Division -- 5K

Runner	Age	Time
1 Aaron Lopez	16	17:24
2 Andrew Hackler	33	17:29
3 Kyle Reno	19	18:38
4 Rich Hadley	45	18:44
5 Angelo Aragon	43	19:12
6 Matt Sherman	29	20:22
7 Jeff Keller	30	20:38
8 James Robinson	50	20:50
9 Justin Gutierrez	27	23:20
10 Brad Schloss	21	23:21
11 Daniel Johnson	26	23:59
12 Raul San Miguel	50	24:17
13 Paul Dalla Guardia	43	25:26
14 Basil Hernandez	44	25:42
15 Leroy Sandoval	40	27:04
16 Diana Reno	38	27:14
(first female)		
17 Kathleen Spencer	50	30:11
18 Carolyn Javorsky	42	30:32
19 David Ramirez	12	31:16
20 Lisa Clough	35	31:22
21 Jean Schloss	49	32:58



Aaron Lopez (left) & Andrew Hackler were running together at the 1st loop before Aaron pulled away for a 5-second win.



Diana Reno celebrates her overall female division victory.

# 2001 Racing Calendar



## Pueblo County & nearby environs

### June

30 Sat 8:30PM **Moonlight Madnes, 5M – Prediction Race....** 3685 Verde Rd. 561-3343

### July

7 Sat 7:45AM **Women's Distance Festival, 5K run/walk ...** City Park (719) 564-6043

21 Sat 7:00AM **Pioneer 5K Runk/Walk .....** Colorado City (719) 676-3353

### August

4 Sat 8:00AM **Beulah Challenge, 10K run & 5K walk .....** Beulah (719) 485-3820

25 Sat 8:00AM **Little Run on the Prairie, 5K run & 2K walk .....** Pueblo West (719)

## Other somewhat nearby areas or just plain popular races

### June

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

### August

4 Sat **Run Ridge @Peregrine, 5K, Kids .5M .** Colorado Springs (719) 574-9273

11 Sat **Mayor's Cup, 5K & 10K .....** Woodland Park (719) 596-3507

18 Sat **Pikes Peak Ascent, 13.1M .....** Manitou Springs (719) 473-2625

19 Sun **Pikes Peak Marathon, 26M .....** Manitou Springs (719) 473-2625

25 Sun **Run for Excellence, 5K .....** Fountain (719) 598-2953

## Regional Marathons (& others of interest)

June 24 **FILA Sky – Aspen .....** (719) 570-9795

July 7 **Leadville Trail .....** (719) 486-3502

7 **Snow Mountain Trail – Winter Park .....** (719) 973-7575

15 **Mosquito – Leadville .....** (719) 486-3900

28 **Deseret News – Salt Lake City, UT .....** (801) 468-2299

30 **Get Sky High – Telluride .....** (719) 570-9795

August 26 **Arts on the Green – Omaha, Neb. ....** (402) 398-9807

26 **Silver State – Reno, Nev. ....** (775) 849-0419

Sept. 3 **American Discovery Trail – CO Springs .....** (719) 594-6149

4 **Turle – Roswell, NM .....** (505) 627-5507

17 **Mile High – Denver .....** (303) 415-9447

17 **New Mexico – Albuquerque .....** (505) 345-4274

23 **Kokopelli Trail – Grand Junction .....** (303) 635-2815

30 **Boulder Backroads .....** (303) 939-9661

October 1 **Roaring Fork – Carbondale, CO .....** (970) 927-4713

1 **Duke City – Albuquerque, NM .....** (505) 880-1414

6 **St. George – Utah .....** (801) 634-5850

7 **Twin Cities – St. Paul, Minnesota .....** (612) 673-0778

November 4 **New York City .....** (212) 423-2249

December 2 **California International – Sacramento .....** (916) 983-4622



## Some known 2001 races

### August 11

Georgetown to Idaho Springs Half-Marathon

### August 12

High Altitude Challenge – 5K, Alamosa

### August 18

Leadville Trail 100M

### 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 23

Hot to Trot 5K - Pueblo

### September 23

Fall Series I – Springs

### September 23

Gov's Cup – Denver

### September 30

Races at USAFA

### October 14

Fall Series II – Springs

### October 28

Fall Series III – Springs

### November 10

Mayor's Cup - Springs

### November 10

Rim Rock Run – GJ



**Get your out-of-town race results to "Footprints" Editor Gary Franchi at:**

e-mail to: gfranchi@fone.net • or Call (719) 676-4100 • Mail to P.O. Box 19910, Colorado City, CO 81019

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

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please get your new  
address to the SCR  
Membership Chair in  
care of the YMCA at the  
address listed above.



## Stats that rule

- About 1 in 5 Americans will develop skin cancer at some point in their lifetime. — *American Academy of Dermatology*
- 20.8% of the females entered in the Ordinary Mortals Triathlon and 26.7% of the males were from Colorado Springs. — *pre-race entry list*
- One organ and tissue donor can save or enhance the lives of more than 50 people. — *Colorado Donor Registry*
- It is estimated that 98.4% of "Footprints" readers will require brain tissue replacements at some point in their lifetimes. — *Pollsters Unlimited*

## Racing info. you can take to the latrine

by Mr. Editor

What a great month it has been for racing. Great fields in the Ordinary Mortals Triathlon. More than 200 participants in the World's Largest Race. Pretty good turnouts at the Run for Rio and the Run in the Valley on the same day. The Garden Party and the Sailin' Shoes in the Springs. There have been lots of chances to race.

Between races in the Pueblo area and in the Springs, the upcoming month will be busy, too. Here's a handy synopsis to keep on the mirror in your bathroom, a convenient location should vomitosis strike:

### Moonlight Madness - June 30

This name was borrowed from a race that was an annual fixture during the Industrial Revolution. It is being used for a Prediction Series race that was added to the schedule since last month's newsletter.

This race will be a 5-mile club race on Saturday, June 30, at 3685 Verde Road, which is the home of the Renos (Diana, Chief and the kids). It's located off Exit 87 south of Pueblo and four miles east of I-25 (there are four 90-degree turns). The starting time is 8:30 PM, with the date of the race picked to coincide with a full moon, pretty much assuring excellent illumina-

tion on the course. If it's cloudy, the Renos will pass out flashlights and hire several helicopters with lightbeams to illuminate the course.

This also is a social event, with a potluck dinner to follow the race. Runners and walkers are asked to bring a fine edible item to complement a barbecue. Come out, get in a nice run, join the schmoozing and enjoy wonderfulness.

### Women's Distance Festival - July 7

After the Firecracker 5K & 10K Trail Run on July 4 in the Springs, Pueblo will host and Marijane Martinez will direct the Women's Distance Festival 5K run/walk on Saturday, July 7, at City Park. This is a great women-only race that attracts all ability levels and has had increasingly larger fields every year, partly because MoJo has about a zillion relatives who participate. I wonder how much she pays them. Gun time is 8 a.m.

### Pioneer 5K Run/Walk - July 21

You get your chance to run on the cart trails and fairway of the Hollydot Golf Course in Colorado City on Saturday, July 21. It's got a 7 a.m. start to beat the heat and the golfers. There's also a free pancake breakfast after the race, provided by the local Lions Club. What a treat! This is a real nice course in a great setting. Local businesses provide many great items given via drawings.